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DIABETIC COOK BOOK

ANNA COLBY KNOWLTON

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DIABETIC COOK BOOK

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ENGLEWOOD, NEW JERSEY

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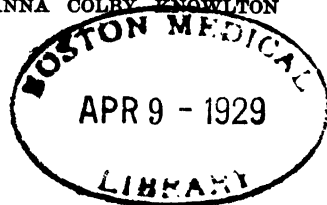
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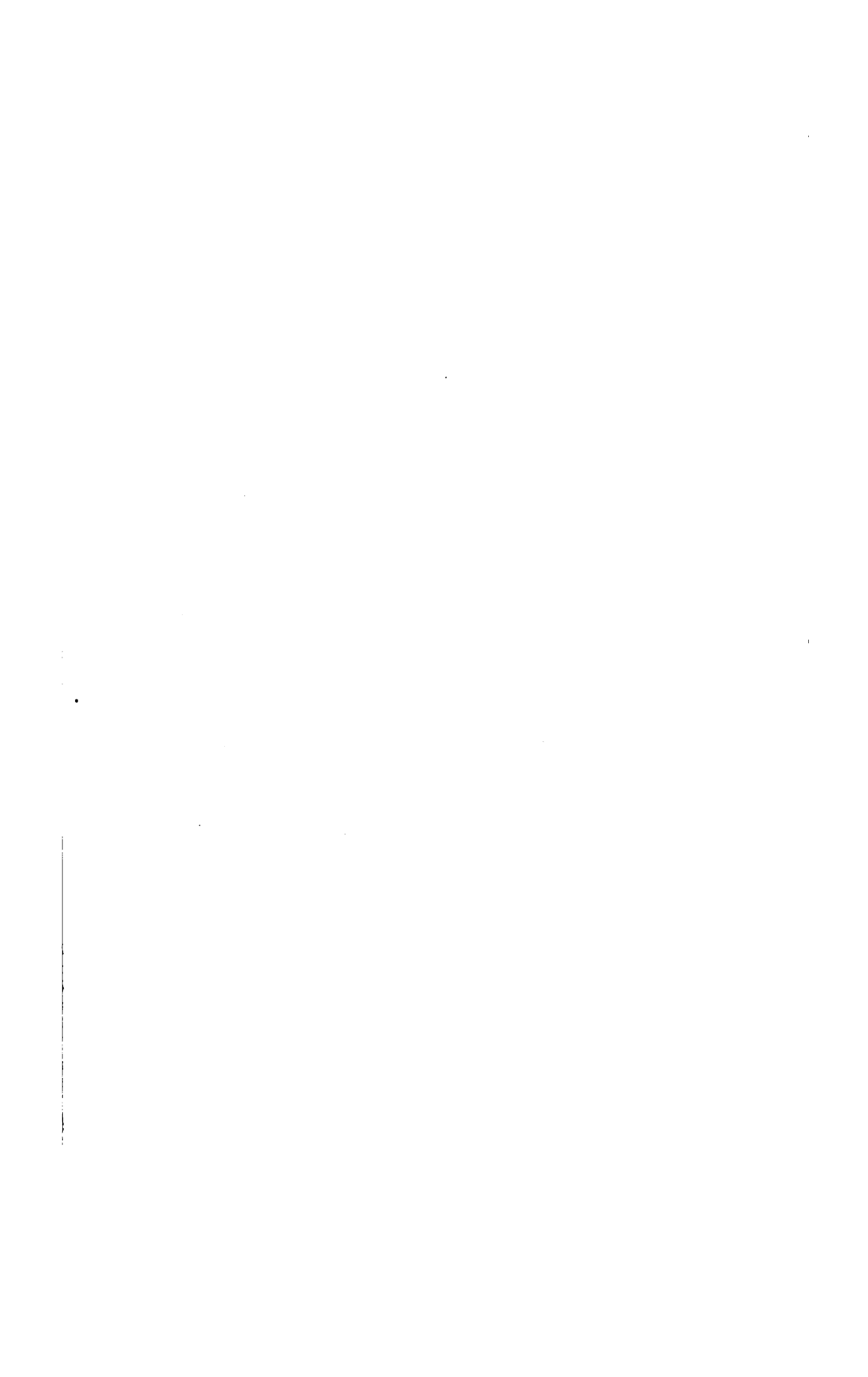
BY

ANNA COLBY KNOWLTON



Printed in the United States of America

To those whose diet, for one reason or another, is restricted as to starches and sugars, and who may be interested in a more varied dietary than that which ordinarily is available under such circumstances, this little volume is dedicated.



PREFACE

A DIET which excludes the carbohydrates naturally deprives the patient of an important group of nutritive principles; and it is extremely important that, in order to maintain the requirements of nutrition, those food principles which are left to constitute the whole diet should be made as attractive and relishable as possible. For it is well known that the inviting appearance, agreeable flavor, and a pleasing variety of dishes have a decided influence upon the secretions and all of the processes involved in the physiological appropriation of food.

Diabetes, it is conceded, frequently if not always, arises in connection with some disturbance of the nervous system; and any unfavorable psychic influence bearing upon the processes of nutrition, which readily may be produced by a monotonous, distasteful, or uninviting diet, should be avoided as far as possible.

To meet this phase of the subject the author has striven earnestly; and it is her fond hope that many

diabetic sufferers may profit by her efforts, not only in increased enjoyment of their dietary, but in greater chance of ultimate recovery.

The recipes given in the following pages have been recorded carefully from practical experience. Each of them has been verified repeatedly; and it is believed that any person of ordinary cooking-intelligence, by following the directions given, can accomplish satisfactory results; and thus produce a considerable variety of delicious desserts, as well as light, digestible, and very palatable bread, muffins, etc., containing the minimum of starch and sugar.

Gluten flours vary considerably in the proportion of starch they contain. Those which contain the least amount of starch may be used whenever it is desired to eliminate this element from the diet as far as possible; those which contain larger proportions may be used when a limited amount of starch can be tolerated. Gluten flours generally are different and more difficult to handle successfully than wheat flours; but they respond to proper manipulation, which can be acquired readily by experience.

Saccharin, as a remedy in certain forms of dyspepsia, and as a substitute for sugar, has been prescribed by the medical profession for many years. Its use in cooking should never exceed the amount

necessary to sweeten the food; as an excess of it renders the product disagreeable to taste.

It is to be understood that nothing which is incorporated in this volume shall be construed as a recommendation of any particular make or brand of so-called gluten flour, or any gluten product; nor is the standard of any such flour or product vouched for in any manner whatsoever. The information given is simply a true statement of what has been done successfully and repeatedly with the materials and methods cited. Other similar materials, employed in the same manner, might have proved equally satisfactory.

SPECIAL DIRECTIONS

THE measurements in the following recipes must be accurate to insure success.

A measuring cup holds one half pint, and is divided into fourths and thirds.

When flour is to be measured, sift it first; then lift it lightly by spoonfuls into the cup until the cup is evenly filled. Do not press it down.

One teaspoon of baking powder is measured by putting the spoon in the powder, taking up what it will hold, and then shaking it lightly until it is just rounded over.

One level teaspoon is leveled off with a knife.

One half teaspoon is measured by dividing through the middle of the spoon lengthwise.

Tablespoonfuls are measured in the same way.

A tablespoon of butter, melted, is measured before melting.

A tablespoon of melted butter is measured after melting.

When using melted butter, do not have it hot; only soft.

One cup of cream, whipped, means cream measured before whipping.

When baking any of the bread stuffs, have the oven moderate as to heat and do not bake anything else in the oven at the same time which might create any moisture. The breads will not be satisfactory unless the oven is kept dry. Should the oven be too hot when the bread is first put in, leave the door open about an inch, for fifteen or twenty minutes, or until the loaf has had time to rise to its full height, without any crust forming. Then continue baking with a moderate heat.

The breads and muffins require long, slow baking, as they are inclined to be moist in the center if the crust forms too soon.

The Baking Powder used is "Rumford's," prepared by Rumford Chemical Works, Providence, R. I.

In many of the recipes, when milk is recommended, cream diluted with water may be substituted, if desired.

Knox's gelatine has been used by the author; and Saccharin, as manufactured by Messrs. Parke, Davis & Co., in one-half grain tablets, has been found satisfactory. The latter, when called for, should be stirred until dissolved in one teaspoon of warm water before adding to the mixture.

The various preparations mentioned in the Recipes contained in this book may be obtained from the firms named below:

GLUTOSAC FLOUR
PROTOSAC FLOUR
PROTO PUFFS No. 2
PROTOSOY FLOUR
ALMOND FLOUR
PURE WASHED GLUTEN FLOUR
WHEAT BRAN

From, HEALTH FOOD COMPANY,
25 Lexington Avenue, New York

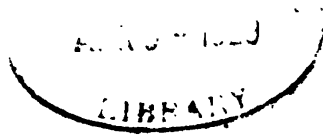
BRUSSON FRENCH GLUTEN FLOUR
BRUSSON SWEET CHOCOLATE
BRUSSON COCOA
SEMOLINA
SOUR CHERRIES

From, GUSTAV MULLER & CO.,
11 West 27th Street, New York

GUM GLUTEN FLOUR
GUM GLUTEN CRISPS

From, PURE GLUTEN FOOD CO.,
92 West Broadway, New York

See advertisements in back of this book



DIABETIC COOK BOOK

BREAD, MUFFINS, ETC.

GLUTOSAC BREAD

- 1 Cup Hot Water (or Scalded Milk).
- 1 Cup Cold Water.
- 1 Tablespoon Butter.
- $\frac{1}{2}$ Teaspoon Salt.
- $\frac{1}{2}$ Fleischmann's Yeast Cake.
- $3\frac{1}{4}$ to $3\frac{1}{2}$ Cups Glutosac Flour.

Put the hot water (or milk) into the mixing bowl; add the butter, and when melted, add the salt and cold water. Dissolve the yeast in a little lukewarm water, and add it to the above mixture; being careful that the liquid is not too warm or the bread will be sticky. Stir in the flour and knead thoroughly in the bowl. Set in a warm place to rise, having the bowl well covered and away from draughts. When doubled in bulk, cut down and

knead again in the bowl. Cover and let rise the second time. When light, cut it down, turn on a well-floured board, knead into shape, and place in a greased bread tin. Cover and let rise to top of pan. Bake one hour and a half in a moderate oven.

Turn out on a wire sieve to cool. Do not wrap in cloth.

GLUTOSAC MUFFINS No. I

1 Cup Glutosac Flour.

$\frac{1}{4}$ Teaspoon Salt.

$\frac{1}{2}$ Level Teaspoon Soda.

1 Egg.

2 Tablespoons Thick Sour Cream.

$\frac{3}{4}$ Cup Water.

Sift flour, salt, and soda together. Beat the egg; add the cream, and beat well. To this add the water, and beat in the flour gradually, using a Dover egg beater. When light and smooth, drop in smoking hot, greased, iron gem pans, and bake in a moderate oven forty-five minutes.

GLUTOSAC MUFFINS, No. II

- 1 Cup Glutosac Flour.
- $\frac{1}{4}$ Teaspoon Salt.
- $1\frac{1}{2}$ Teaspoons Baking Powder.
- 1 Egg.
- 2 Tablespoons Thick Sweet Cream.
- $\frac{3}{4}$ Cup Water.

Sift flour, salt, and baking powder together. Beat the egg; add the cream, and beat well. Add the water, and beat in the flour gradually, using a Dover egg beater. When light and smooth, drop in smoking hot, greased, iron gem pans, and bake in a moderate oven forty-five minutes.

GLUTOSAC TEA BISCUIT

- $\frac{3}{4}$ Cup Glutosac Flour.
- $\frac{1}{4}$ Teaspoon Salt.
- $1\frac{1}{2}$ Teaspoons Baking Powder.
- $\frac{1}{2}$ Cup (or more) of Sweet Cream.

Sift flour, salt, and baking powder together. Mix in the cream, using a knife. When just stiff enough to handle, turn on to a floured bread board, and pat lightly with the rolling pin until one inch

thick. Cut into rounds, and bake at once in a hot oven twenty minutes. Handle as lightly as possible.

The same may be made by using, in place of the cream,

$\frac{1}{2}$ Cup of Milk, or Water.

1 Teaspoon Butter, rubbed in the flour.

GLUTOSAC WAFFLES

1 Cup Glutosac Flour.

$\frac{1}{4}$ Teaspoon Salt.

$1\frac{1}{2}$ Teaspoons Baking Powder.

1 Heaping Tablespoon Butter.

2 Eggs.

$1\frac{1}{4}$ Cups Milk.

Sift the flour, salt, and baking powder together. Rub in the butter. Beat the eggs; add the milk and flour, and beat all together until light and smooth.

Bake on a well-greased waffle iron, until a delicate brown.

Serve hot with butter, or cream.

GLUTOSAC GRIDDLE CAKES

- 1 Cup Glutosac Flour.
- $\frac{1}{4}$ Teaspoon Salt.
- $1\frac{1}{2}$ Teaspoons Baking Powder.
- 1 Tablespoon Butter.
- 2 Eggs.
- 2 Cups Milk.

Sift flour, salt, and baking powder together. Rub in the butter. Beat the eggs; add the milk and flour, and beat until smooth and light. Bake on a smoking hot, well-greased griddle.

Serve hot with butter or cream.

Have the batter for all griddle cakes as thin as possible, as the cakes are much nicer when thin and crisp.

PROTOSAC BREAD

- 1 Cup Hot Water (or Scalded Milk).
- 1 Cup Cold Water.
- 1 Tablespoon Butter.
- $\frac{1}{2}$ Teaspoon Salt.
- $\frac{1}{2}$ Fleischmann's Yeast Cake.
- 3 Cups Protosac Flour.

Put the hot water (or milk) into the mixing bowl. Add the butter, and when melted, add the salt and

cold water. Dissolve the yeast in a little lukewarm water, and add to the above mixture; being careful that the liquid is not too warm, or the bread will be sticky. Stir in the flour, and knead thoroughly in a bowl. Set in a warm place to rise, having the bowl well covered, and away from draughts. When doubled in bulk, cut down and knead again in the bowl. Cover and let rise the second time. When light, cut it down, turn on a well-floured board, and knead into shape. Place in a greased bread pan, cover, and let it rise again to top of pan. Bake one hour and a half in a moderate oven.

Turn out on a wire sieve to cool. Do not wrap in cloth.

PROTOSAC MUFFINS, No. I

1 Cup Protosac Flour.

$\frac{1}{4}$ Teaspoon Salt.

$\frac{1}{2}$ Level Teaspoon Soda.

1 Egg.

$\frac{1}{4}$ Cup Thick Sour Cream.

$\frac{3}{4}$ Cup Water.

Sift flour, salt, and soda together. Beat the egg; add the cream, and beat well. To this add the water, and the flour, and beat until smooth and light, with a Dover egg beater. Drop in smoking hot,

greased, iron gem pans, and bake in a moderate oven forty-five minutes.

PROTOSAC MUFFINS No. II

- 1 Cup Protosac Flour.
- $\frac{1}{4}$ Teaspoon Salt.
- $1\frac{1}{2}$ Teaspoons Baking Powder.
- 1 Egg.
- 1 Cup Milk.
- 2 Teaspoons Melted Butter.

Sift flour, salt, and baking powder together. Beat the egg, to which add the milk, and beat in the flour gradually, using a Dover egg beater. Add the melted butter last. When smooth and light, drop in smoking hot, greased, iron gem pans, and bake in a moderate oven forty-five minutes.

PROTOSAC MUFFINS, No. III

- 1 Cup Protosac Flour.
- $\frac{1}{4}$ Teaspoon Salt.
- $1\frac{1}{2}$ Teaspoons Baking Powder.
- 1 Egg.
- $\frac{1}{4}$ Cup Thick Sweet Cream.
- $\frac{3}{4}$ Cup Water.

Sift flour, salt, and baking powder together. Beat the egg, to which add the cream, and beat well.

Now add the water and flour, and beat with a Dover egg beater until smooth and light. Drop in smoking hot, greased, iron gem pans, and bake in a moderate oven forty-five minutes.

PROTOSAC MUFFINS, No. IV

- 1 Cup Protosac Flour.
- $\frac{1}{4}$ Teaspoon Salt.
- $\frac{1}{2}$ Level Teaspoon Soda.
- 1 Egg.
- 1 Cup Thick Sour Milk.
- 1 Teaspoon Melted Butter.

Sift flour, salt, and soda together. Beat the egg, add the sour milk and flour, and beat all together with a Dover egg beater, until light and smooth. Add the melted butter last. Drop in smoking hot, greased, iron gem pans, and bake in a moderate oven forty-five minutes.

PROTOSAC TEA BISCUIT

- $\frac{3}{4}$ Cup Protosac Flour.
- $\frac{1}{4}$ Teaspoon Salt.
- $1\frac{1}{2}$ Teaspoons Baking Powder.
- 1 Teaspoon Butter.
- $\frac{1}{2}$ Cup Milk (or Water).

Sift flour, salt, and baking powder together. Rub in the butter. Moisten with the milk or water.

When just stiff enough to handle, turn on to a floured board, pat lightly with rolling pin, until one inch thick. Cut into rounds, and bake at once in a hot oven, about twenty minutes.

Use $\frac{1}{2}$ cup (or more) of sweet cream, and leave out the milk (or water) and butter if desired.

PROTOSAC CURRANT BUNS

$\frac{1}{2}$ Cup Milk.

1 Tablespoon Butter.

$\frac{1}{4}$ Teaspoon Salt.

1 Grain Saccharin.

$\frac{1}{2}$ Cup Water.

$\frac{1}{4}$ Yeast Cake.

$1\frac{3}{4}$ Cups Protosac Flour.

$\frac{1}{2}$ Teaspoon Cinnamon.

$\frac{1}{4}$ Cup Currants.

$\frac{1}{4}$ Saltspoon Soda, dissolved in

1 Teaspoon Water.

Scald the milk in double boiler, and while warm, add the butter, salt, saccharin, and water. Stir until the butter and saccharin are dissolved. When cool, add the yeast, which has been dissolved in a little water. Beat in the flour, and when stiff, knead in bowl five minutes. Set to rise in a warm

place, having the bowl well covered. When doubled in bulk, cut down, and work in the cinnamon, currants, and soda. Let rise again, cut down, knead, and shape into round balls. Place in a deep bread tin; and, when very light, bake in a moderate oven, one hour or more.

PROTOSAC WAFFLES

1 Cup Protosac Flour.

$\frac{1}{4}$ Teaspoon Salt.

$1\frac{1}{2}$ Teaspoons Baking Powder.

1 Tablespoon Butter.

2 Eggs.

$1\frac{1}{4}$ Cups Milk.

Sift flour, salt, and baking powder together. Rub in the butter. Beat the eggs, add the milk and the flour gradually. Beat all together until light and smooth.

Bake on a well-greased waffle iron, until a delicate brown.

Serve hot with butter or cream.

PROTOSAC GRIDDLE CAKES

- 1 Cup Protosac Flour.
- $\frac{1}{4}$ Teaspoon Salt.
- 1 Level Teaspoon Soda.
- 1 Tablespoon Butter.
- 2 Cups Sour Milk.
- 2 Eggs.

Sift flour, salt, and soda together. Rub in the butter; add the milk, and beat with Dover egg beater until smooth. Now add the beaten yolks of the eggs, and last the beaten whites.

Bake on a well-greased griddle, until a delicate brown.

Serve hot with butter or cream.

GUM GLUTEN BREAD

- 1 Cup Hot Water (or Scalded Milk).
- 1 Cup Cold Water.
- 1 Tablespoon Butter.
- $\frac{1}{2}$ Teaspoon Salt.
- $\frac{1}{2}$ Fleischmann's Yeast Cake.
- $3\frac{1}{2}$ to 4 Cups Gum Gluten Flour.

Put the hot water (or milk) in the mixing bowl. Add the butter, and, when melted, add the salt and cold water. Dissolve the yeast in a little luke-

warm water, and add to the above mixture; being careful that the liquid is not too warm. Stir in the flour, and knead thoroughly in the bowl. Set to rise in a warm place, having the bowl well covered, and away from draughts. When doubled in bulk, cut down, and knead again in the bowl. Cover and let rise the second time. When light, cut it down, turn on to a well-floured board, knead into shape, and place in a greased bread pan. Cover and let rise to top of pan. Bake in a moderate oven, one hour and a half.

Turn out on a wire sieve to cool.

GUM GLUTEN MUFFINS, No. I

1 Cup Gum Gluten Flour.

$\frac{1}{4}$ Teaspoon Salt.

2 Level Teaspoons Baking Powder.

1 Egg.

1 Cup Milk.

2 Teaspoons Melted Butter.

Sift flour, salt, and baking powder together. Beat the egg, to which add the milk, and beat in the flour gradually, using Dover egg beater. Now add the melted butter; and, when the mixture is smooth and light, drop in smoking hot, greased, iron gem pans, and bake forty-five minutes in a moderate oven.

GUM GLUTEN MUFFINS, No. II

- 1 Cup Gum Gluten Flour.
- $\frac{1}{4}$ Teaspoon Salt.
- 2 Level Teaspoons Baking Powder.
- 1 Egg.
- $\frac{1}{4}$ Cup Thin Cream.
- $\frac{3}{4}$ Cup Milk.

Sift flour, salt, and baking powder together. Beat the egg, to which add the cream and beat well. Add the milk and flour, and beat all together with Dover egg beater, until light and smooth. Drop in smoking hot, greased, iron gem pan, and bake in a moderate oven forty-five minutes.

If using very heavy cream, use water in place of the milk.

GUM GLUTEN TEA BISCUIT

- $\frac{3}{4}$ Cup Gum Gluten Flour.
- $\frac{1}{4}$ Teaspoon Salt.
- 2 Level Teaspoons Baking Powder.
- $\frac{1}{2}$ Cup (or more) Sweet Cream.

Sift flour, salt, and baking powder together. Mix soft with the cream. Pat lightly with rolling pin until one inch thick. Cut in rounds, and bake at once in a hot oven about twenty minutes.

GUM GLUTEN WAFFLES

- 1 Cup Gum Gluten Flour.
- $\frac{1}{4}$ Teaspoon Salt.
- $1\frac{1}{2}$ Teaspoons Baking Powder.
- 1 Tablespoon Butter.
- 2 Eggs.
- $1\frac{1}{4}$ Cups Milk.

Sift flour, salt, and baking powder together. Rub in the butter. Beat the eggs, to which add the milk, and stir in the flour gradually. Beat all together until smooth and light. Bake on a hot, well-greased waffle iron, until a delicate brown.

Serve hot with butter or cream.

GUM GLUTEN GRIDDLE CAKES

- 1 Cup Gum Gluten Flour.
- $\frac{1}{4}$ Teaspoon Salt.
- $1\frac{1}{2}$ Teaspoons Baking Powder.
- 1 Tablespoon Butter.
- 2 Eggs.
- 2 Cups Milk.

Sift flour, salt, and baking powder together. Rub in the butter. Beat the eggs, to which add the milk, and stir in the flour, etc. Beat all together until

light and smooth. Bake on a hot, greased griddle until a delicate brown.

Serve hot with butter or cream.

BRAN BREAD

1 Cup Hot Water.

1 Cup Cold Water.

$\frac{1}{2}$ Teaspoon Salt.

1 Tablespoon Butter.

$\frac{1}{2}$ Fleischmann's Yeast Cake.

$1\frac{1}{2}$ Cups Health Food Bran.

3 Cups Gum Gluten Flour (scant), or

$2\frac{3}{4}$ Cups Glutosac Flour.

Mix and bake the same as Glutosac Bread. (See Recipe.)

RAISED BISCUIT

Mix the same as any of the breads, using one-half the recipe.

After the first rising, add one tablespoon of butter, and knead well. Let rise again. Cut down, shape into round balls the size of an egg, put close together in a deep bread pan. Place a dot of butter on top of each roll. Cover, and let rise until double in size.

Bake in a moderate oven, one hour and a half.

BRUSSON MUFFINS, No. I

- 1 Cup Brusson French Gluten Flour.
- 1½ Teaspoons Baking Powder.
- ¼ Teaspoon Salt.
- 1 Teaspoon Butter.
- 1 Egg.
- ½ Cup Milk.

Sift flour, baking powder, and salt together. Rub in the butter. Beat the egg, to which add the milk, and beat in the flour gradually, using Dover egg beater. When smooth and light, drop in smoking hot, greased iron gem pans, and bake in a moderate oven forty-five minutes.

BRUSSON MUFFINS, No. II

- 1 Cup Brusson French Gluten Flour.
- ¼ Teaspoon Salt.
- 1½ Teaspoons Baking Powder.
- 1 Egg.
- ¼ Cup Thick Sweet Cream.
- ½ Cup Water, (or if cream is very thin,
¼ cup water.)

Sift flour, salt, and baking powder together. Beat the egg, to which add the cream, and beat well.

Add the water, and flour, and beat all together with Dover egg beater, until light and smooth. Drop in smoking hot, greased, iron gem pans, and bake forty-five minutes in a moderate oven.

DUTCH APPLE CAKE

- 1 Cup Brusson French Gluten Flour.
- 1½ Teaspoons baking powder.
- ¼ Teaspoon salt.
- 1 Teaspoon butter.
- 1 Egg.
- ½ Cup milk (scant).
- ½ Grain saccharin, stirred in
- 1 Teaspoon water, until dissolved.

Sift flour, baking powder, and salt together. Rub in the butter. Beat the egg, add the milk and saccharin, and beat in the flour gradually, using Dover egg beater.

Spread one-half inch thick, in a shallow baking pan.

Core, pare, and cut two or three sour apples into eighths, lay them in rows, on top of dough, the sharp edge pressed lightly in. Stir ½ grain Saccharin in ¼ cup water until dissolved. Pour over top of apples, dust with cinnamon and nutmeg, and bake in a moderate oven forty-five minutes.

Serve hot with butter or cream.

BRUSSON DROP BISCUIT

- 1 Cup Brusson French Gluten Flour.
- 2 Level Teaspoons Baking Powder.
- $\frac{1}{4}$ Teaspoon Salt.
- 2 Teaspoons Butter.
- $\frac{1}{2}$ Cup Milk.

Sift flour, baking powder and salt together. Rub in the butter, moisten with the milk. Beat well, and drop in smoking hot, greased, iron gem pans. Bake in a hot oven over thirty minutes.

BRUSSON TEA BISCUIT

- 1 Cup Brusson French Gluten Flour.
- 2 Level Teaspoons Baking Powder.
- $\frac{1}{4}$ Teaspoon Salt.
- 1 Teaspoon Butter.
- $\frac{1}{4}$ Cup (or more) Milk.

Sift flour, baking powder, and salt together. Rub in the butter. Mix soft as can be handled with the milk. Pat lightly with rolling pin until one inch thick, cut in rounds, and bake in a hot oven, about twenty minutes.

These may also be made, using sweet cream in place of milk, and leaving out the butter.

BRUSSON WAFFLES

1 Cup Brusson French Gluten Flour.

$\frac{1}{4}$ Teaspoon Salt.

$1\frac{1}{2}$ Teaspoons Baking Powder.

1 Tablespoon Butter.

2 Eggs.

$\frac{3}{4}$ Cup Milk.

Sift flour, salt, and baking powder together. Rub in the butter. Beat the eggs, to which add the milk, and stir in the flour gradually. Beat well, and bake on a hot, well-greased waffle iron.

Serve hot, with butter or cream.

BRUSSON GRIDDLE CAKES

1 Cup Brusson French Gluten Flour.

$\frac{1}{4}$ Teaspoon Salt.

$1\frac{1}{2}$ Teaspoons Baking Powder.

1 Tablespoon Butter.

2 Eggs.

1 Cup Milk, or more.

Sift flour, salt, and baking powder together. Rub in the butter. Beat the eggs, to which add the milk, and stir in the flour gradually. Beat all together until light and smooth. Bake on a hot greased, griddle.

Serve hot with butter or cream.

CREAM TOAST

- 2 Cups Milk.
- 2 Tablespoons Brusson French Gluten Flour.
- 2 Tablespoons Butter.
- $\frac{1}{2}$ Teaspoon Salt.

Scald the milk in a double boiler. Melt the butter in a granite saucepan. Add the flour gradually, and stir to a smooth paste. Then add the hot milk, stirring constantly until it has thickened. Cook five minutes. Season with the salt.

Dip each piece of toast (made from any Diabetic Bread) in the sauce, place in a hot dish, and pour the remaining sauce over all.

HUCKLEBERRY CAKE

- 1 Cup Brusson French Gluten Flour.
- $1\frac{1}{2}$ Teaspoon Baking Powder.
- $\frac{1}{4}$ Teaspoon Salt.
- 1 Egg.
- $\frac{1}{2}$ Cup Milk.
- 2 Teaspoons Melted Butter.
- 1 Cup Huckleberries.

Mix the same as for Brusson muffins (see Recipe). Flour the berries lightly before adding to the batter.

Bake in a shallow pan thirty minutes, in a moderate oven.

PROTOSOY MUFFINS, No. I

- $\frac{1}{2}$ Cup Protosoy Flour.
- 1 Teaspoon Baking Powder.
- $\frac{1}{4}$ Teaspoon Salt.
- 1 Egg.
- $\frac{1}{3}$ Cup Milk.
- 1 Tablespoon Melted Butter.
- $\frac{1}{2}$ Grain Saccharin, stirred in the Milk.

Sift flour, baking powder, and salt together. Beat the egg, to which add the milk and saccharin, and melted butter. Beat in the flour gradually, using Dover egg beater. When light and smooth, drop in smoking hot, greased, iron gem pans, and bake in a moderate oven forty minutes.

PROTOSOY MUFFINS, No. II

- $\frac{3}{4}$ Cup Protosoy Flour.
- $1\frac{1}{2}$ Teaspoons Baking Powder.
- $\frac{1}{4}$ Teaspoon Salt.
- 1 Egg.
- 1 Tablespoon Sweet Cream.
- $\frac{1}{2}$ Cup Water.
- 1 Teaspoon Melted Butter.

Sift flour, baking powder, and salt together. Beat the egg, to which add the cream, water, and

melted butter. Beat in the flour gradually, using Dover egg beater. When smooth and light, drop in smoking hot, greased, iron gem pans, and bake in a moderate oven about forty minutes.

PROTOSOY AND GLUTOSAC MUFFINS

$\frac{1}{2}$ Cup Protosoy Flour.

$\frac{1}{4}$ Cup Glutosac Flour.

$\frac{1}{4}$ Teaspoon Salt.

2 Level Teaspoons Baking Powder.

1 Egg.

$\frac{1}{2}$ Cup Water.

2 Teaspoons Melted Butter.

Sift flour, salt, and baking powder together. Beat the egg, to which add the water and melted butter. Beat in the flour gradually, using Dover egg beater. When smooth and light, drop in smoking hot, greased, iron gem pans. Bake forty minutes in a moderate oven.

MUFFINS WITH ALMOND FLOUR

- $\frac{1}{4}$ Cup Almond Flour.
- $\frac{1}{2}$ Cup Protosac Flour.
- $\frac{1}{4}$ Teaspoon Salt.
- $1\frac{1}{2}$ Teaspoons Baking Powder.
- 1 Egg.
- $\frac{1}{2}$ Cup Milk.
- 1 Teaspoon Melted Butter.
- $\frac{1}{2}$ Grain Saccharin, stirred in the Milk,
if sweetening be desired.

Sift flour, salt, and baking powder together. Beat the egg, and add to it the milk, and beat in the flour, etc., gradually, using Dover egg beater. Add the melted butter, and when smooth and light, drop in smoking hot, greased, iron gem pans, and bake forty-five minutes in a moderate oven.

GERMAN PUFFS

- $\frac{1}{2}$ Cup Milk or Water.
- 1 Tablespoon Butter.
- $\frac{1}{4}$ Cup Gum Gluten Flour.
- $\frac{1}{2}$ Teaspoon Salt.
- 2 Eggs.

Put the milk (or water), butter, and salt in a saucepan on the fire. When bubbling, add the flour care-

fully, stirring until smooth. Remove from the fire; add the unbeaten yolks of the eggs, and beat well; then add the beaten whites and beat again. Bake in hot earthen cups, well greased, in a hot oven, thirty minutes.

ALMOND BREAD

2 Level Tablespoons Almond Flour.

1 Level Tablespoon Glutosac Flour.

1 Level Teaspoon Baking Powder.

$\frac{1}{2}$ Saltspoon Salt.

1 Teaspoon Butter.

1 Egg.

2 Tablespoons Milk.

Sift the flour, baking powder, and salt together. Rub in the butter. Beat the egg, to which add the milk and the flour gradually, beating well with Dover egg beater. When smooth and light, pour onto a small tin pie plate, about $6\frac{1}{2}$ inches in diameter, and bake thirty minutes in a moderate oven.

FRIED BREAD

1 Egg.
1 Cup Milk.
1 Saltspoon Salt.
Pinch of Pepper.

Beat the egg lightly; add the salt, pepper, and milk. Soak the slices of any Diabetic Bread in this, until soft. Drain, and fry in butter, until a delicate brown.

STRAWBERRY SHORT CAKE

1½ Cups Brusson French Gluten Flour.
2 Teaspoons Baking Powder.
½ Teaspoon Salt.
2 Heaping Teaspoons Butter.
½ Cup Milk or more.

Sift flour, baking powder, and salt together. Rub in the butter, mix soft as can be handled, with the milk. Divide into two equal parts; pat each one out to about one inch thick. Place one piece on a small round tin pie plate, and spread with soft butter. Place the other piece on top. Bake in a hot oven, thirty minutes or more. When done, split the cake, butter the soft sides well, and put a

thick layer of crushed strawberries between and on top.

Serve immediately, with sweetened whipped cream. See recipe.

Peaches, blackberries, oranges, or stewed huckleberries may be used in place of the strawberries, adding a little saccharin to the fruit if too sour.

PURE WASHED GLUTEN FLOUR MUFFINS

$\frac{1}{2}$ Cup Gluten Flour.

1 Saltspoon Salt.

1 Teaspoon Baking Powder.

1 Egg.

1 Tablespoon Sweet Cream.

$\frac{1}{2}$ Cup Cold Water (less 1 tablespoon).

Sift flour, salt, and baking powder together. Beat the egg until very light, add the cream and water, which have been stirred together (making $\frac{1}{2}$ cup liquid). Now add the flour mixture gradually, beating with the Dover egg beater until it thickens.

Bake in smoking hot, greased, iron gem pans, forty-five minutes, in a moderate oven.

CAKE

CURRENT LOAF CAKE

- 1 Cup Gum Gluten Flour.
- 2 Teaspoons Baking Powder.
- $\frac{1}{4}$ Teaspoon Salt.
- $\frac{1}{2}$ Cup Butter.
- 3 Eggs.
- 2 Grains Saccharin, stirred in
- 1 Teaspoon Water.
- $\frac{1}{2}$ Cup Milk.
- $\frac{1}{2}$ Cup Currants.
- 1 Lemon (Grated Rind).
- 1 Tablespoon Lemon Juice.
- 1 Tablespoon Brandy.

Wash and dry currants. Mix with enough of the flour to coat. Sift the balance of flour, baking powder, and salt together. Cream the butter, add the well-beaten yolks of the eggs, the saccharin, milk, flavoring and flour, and last the whites of the eggs, beaten stiff, and the currants.

Bake in small loaf, about forty-five minutes in a moderate oven.

CUP CAKE

- $\frac{1}{2}$ Cup Protosac Flour, or
- $\frac{3}{4}$ Cup Brusson French Gluten Flour.
- 1 Teaspoon Baking Powder.
- $\frac{1}{8}$ Teaspoon Salt.
- $\frac{1}{4}$ Cup Butter.
- 1 Egg.
- $\frac{1}{2}$ Cup Milk.
- $1\frac{1}{2}$ Grains Saccharin, dissolved in
- 1 Teaspoon Water, and stirred in the milk.
- 1 Teaspoon Vanilla, or $\frac{1}{2}$ Teaspoon
Almond Extract.
- 1 Teaspoon Brandy.
- $\frac{1}{2}$ Cup Currants.

Wash and dry the currants, dust with a little of the flour. Sift the balance of flour, baking powder, and salt together. Cream the butter, add the well-beaten egg, the milk, saccharin, vanilla, brandy, flour and currants.

Bake in small loaf in a moderate oven, forty-five minutes.

This recipe may be used for layer cake, leaving out the brandy and currants.

SPICE CAKE

$\frac{1}{2}$ Cup Gum Gluten Flour.
 $\frac{1}{2}$ Level Teaspoon Soda.
 $\frac{1}{8}$ Teaspoon Salt.
 $\frac{1}{4}$ Cup Butter.
1 Egg.
 $\frac{1}{2}$ Cup Sour Milk.
 $1\frac{1}{2}$ Grains Saccharin, stirred in
1 Teaspoon Water.
 $\frac{1}{2}$ Teaspoon Cinnamon.
 $\frac{1}{4}$ Teaspoon Nutmeg.
 $\frac{1}{4}$ Teaspoon Cloves.
 $\frac{1}{2}$ Tablespoon Brandy.
1 Teaspoon Lemon Juice.
 $\frac{1}{2}$ Cup Currants.

Wash and dry the currants. Sift the flour, soda and salt together. Cream the butter, add the beaten egg, sour milk, saccharin, spices, flavoring and flour, and last the currants, which have been dusted with a little of the flour.

Bake in small loaf in a moderate oven forty-five minutes.

If using sweet milk, use 1 teaspoon baking powder in place of soda.

BREAD CAKE

- 1 Cup Bread Dough, after the last kneading.
- 2 Grains Saccharin, stirred in
- 1 Teaspoon Water.
- $\frac{1}{4}$ Cup Butter.
- 1 Egg (not beaten).
- $\frac{1}{8}$ Saltspoon Soda, dissolved in
- 1 Teaspoon Warm Water.
- 1 Tablespoon Brandy.
- $\frac{1}{4}$ Teaspoon Nutmeg.
- $\frac{1}{2}$ Teaspoon Cinnamon.
- $\frac{1}{4}$ Teaspoon Cloves.
- $\frac{1}{2}$ Cup Currants.
- $\frac{1}{2}$ Cup Sour Apple, chopped fine.

Put the ingredients together, in a bowl, in the order given. Mix thoroughly, using the hand if necessary. Let it rise in the pan it is to be baked in, until doubled in bulk, keeping it well covered, and in a warm place, free from draughts.

Bake in a moderate oven, forty-five minutes.

CHOCOLATE LAYER CAKE

- 1/2 Cup Glutosac Flour or Gum Gluten Flour.
- 3 Level Teaspoons Baking Powder.
- 1/8 Teaspoon Salt.
- 1/2 Cup Butter (scant).
- 3 Eggs, beaten separately.
- 11 1/2 Grains Saccharin, stirred in
- 1 Teaspoon Water.
- 1/4 Cup Milk.
- 1 Teaspoon Vanilla.

Sift flour, baking powder, and salt together. Cream the butter; add the well-beaten yolks of the eggs, the saccharin, milk, vanilla, flour, and last the stiffly beaten whites.

Bake in three small pie tins, each 6 1/2 inches in diameter, fifteen minutes in a hot oven.

Remove from pans; put one cake on a plate with the upper side down, spread with the chocolate filling. Cover with a second cake, spread this with the filling. Place the top cake, and ice with chocolate icing.

CHOCOLATE ICING

- $\frac{1}{2}$ Bar Brusson Sweet Chocolate.
- 1 Teaspoon Butter.

Melt the chocolate with the butter, in a small dish, set in another dish of hot water. Stir until smooth, and pour over the top of cake while warm.

CHOCOLATE FILLING

- $\frac{3}{4}$ Cup Milk.
- 1 Bar Brusson Sweet Chocolate.
- 1 Teaspoon Butter.
- 1 Level Tablespoon Brusson French
Gluten Flour.
- $\frac{1}{4}$ Cup Milk.

Scald the $\frac{3}{4}$ cup of milk in a double boiler. Cut the chocolate into small pieces, and add to the hot milk, with the butter. Stir until dissolved, then add the flour, which has been rubbed smooth with the $\frac{1}{4}$ cup of milk. Cook ten minutes.

COCOANUT CAKE, No. I

- $\frac{1}{2}$ Cup Brusson French Gluten Flour.
- 2 Level Teaspoons Baking Powder.
- $\frac{1}{4}$ Teaspoon Salt.
- 2 Eggs, whites only.

1½ Grains of Saccharin, stirred in
1 Teaspoon Water.
½ Cup Sweet Cream.
1 Teaspoon Vanilla.
½ Cup freshly grated Cocoanut.
1 Teaspoon Brandy.

Sift flour, baking powder, and salt together. Beat the whites of the eggs stiff; add the saccharin, cream, vanilla, brandy, flour and cocoanut.

Bake in small cakes, about thirty minutes, in a moderate oven.

COCOANUT CAKE, No. II

¾ Cup Brusson French Gluten Flour.
1 Teaspoon Baking Powder.
⅛ Teaspoon Salt.
¼ Cup Butter.
1 Egg.
1½ Grains Saccharin, stirred in
1 Teaspoon Water.
½ Cup Milk.
¼ Teaspoon Nutmeg.
1 Teaspoon Vanilla.
½ Cup freshly grated Cocoanut.

Sift flour, baking powder, and salt together.

Cream the butter; add the well-beaten egg, saccharin, milk, nutmeg, vanilla, flour, and cocoanut.

Bake in small loaf thirty minutes, in a moderate oven.

NUT CAKE

$\frac{1}{2}$ Cup Gum Gluten, Glutosac, or
Protosac Flour.

1 Teaspoon Baking Powder.

$\frac{1}{4}$ Teaspoon Salt

$\frac{1}{4}$ Cup Sweet Cream.

$\frac{1}{4}$ Cup Water.

1 Egg.

1 Teaspoon Butter (melted).

1 Grain Saccharin, stirred in

1 Teaspoon Water.

$\frac{1}{4}$ Teaspoon Cinnamon.

$\frac{1}{4}$ Teaspoon Nutmeg.

$\frac{1}{4}$ Teaspoon Cloves.

1 Tablespoon Brandy.

$\frac{1}{2}$ Teaspoon Vanilla.

$\frac{1}{4}$ Cup Currants.

$\frac{1}{2}$ Cup Chopped Nuts.

Sift flour, baking powder, and salt together. Beat the egg; add the cream, water, butter, saccharin, spices, flavoring, and part of the flour. Mix

remainder of flour with the nuts and currants, and add to the cake mixture.

Bake in loaf, thirty minutes, in a moderate oven.

WHITE CAKE

$\frac{3}{4}$ Cup Brusson French Gluten Flour.

2 Level Teaspoons Baking Powder.

$\frac{1}{4}$ Teaspoon Salt.

2 Eggs, whites only.

2 Grains Saccharin, stirred in

1 Teaspoon Water.

$\frac{3}{4}$ Cup Sweet Cream.

1 Teaspoon Vanilla.

2 Teaspoons Brandy.

24 Sour Cherries (Brusson).

12 English Walnuts.

2 Tablespoons Currants (washed and dried).

Chop the fruit and nuts together, and sprinkle with half the sifted flour. Sift the balance of the flour, baking powder, and salt together. Beat the whites of the eggs to a stiff froth; add the saccharin, cream, vanilla, brandy, flour, and last the chopped fruit.

Bake in small cakes, about twenty minutes, in a moderate oven; or, in a loaf, forty minutes.

SOUR CREAM CAKE

$\frac{1}{2}$ Cup Brusson French Gluten Flour.

$\frac{1}{2}$ Level Teaspoon Soda.

$\frac{1}{8}$ Teaspoon Salt.

1 Egg.

1 Cup Thick Sour Cream.

$1\frac{1}{2}$ Grains Saccharin, stirred in

1 Teaspoon Water.

$\frac{1}{2}$ Teaspoon Cinnamon.

$\frac{1}{4}$ Teaspoon Nutmeg.

$\frac{1}{4}$ Teaspoon Cloves.

1 Tablespoon Brandy.

1 Teaspoon Vanilla.

$\frac{1}{2}$ Cup Currants.

1 Tablespoon Brusson French Gluten Flour.

Sift flour, soda and salt together. Beat the egg, add the cream, saccharin, spices, and flavoring, and last the currants (which have been washed, dried, and dusted with the tablespoon of flour).

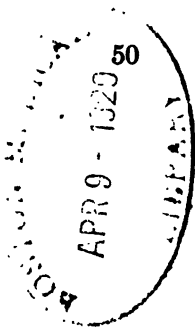
Bake in small cakes, thirty minutes, in a moderate oven.

ALMOND CAKE

- ½ Cup Almond Flour.
- 1 Level Teaspoon Baking Powder.
- ⅛ Teaspoon Salt.
- ¼ Cup Cream.
- 1 Egg.
- 1 Grain Saccharin, stirred in
- 1 Teaspoon Water.
- ½ Teaspoon Vanilla.
- 1 Teaspoon Brandy.
- 1 Teaspoon Mixed Spices (cinnamon,
cloves, nutmeg.)

Sift the flour, baking powder, salt, and spices together. Beat the egg; add the cream, saccharin, vanilla, brandy, and flour.

Bake in small cakes twenty to thirty minutes, and cover while hot with Chocolate Icing. (See Recipe.)



DIABETIC COOK BOOK

CREAM PUFFS

- $\frac{1}{2}$ Cup Boiling Water.
- $\frac{1}{4}$ Cup Butter.
- $\frac{1}{4}$ Teaspoon Salt.
- $\frac{1}{2}$ Cup Brusson French Gluten Flour, or,
- $\frac{1}{4}$ Cup Gum Gluten Flour.
- 2 Eggs, beaten separately.
- $\frac{1}{4}$ Saltspoon Soda, dissolved in
- $\frac{1}{2}$ Teaspoon Water.

Put the water, butter, and salt in double boiler. When hot, add the flour gradually, and stir to a smooth paste. Cook three minutes, stirring constantly. Remove from the fire, and, when slightly cool, add the yolks of the eggs (well beaten), then the whites, the soda last. Mix well, and drop in tablespoonfuls on a greased baking pan, being careful that they do not touch.

Bake in a quick oven twenty or thirty minutes. When cool, open and fill with Cream Filling.

CREAM FILLING FOR PUFFS

- $\frac{3}{4}$ Cup Milk.
- 1 Grain Saccharin, stirred in
- 1 Teaspoon Water.
- $\frac{1}{4}$ Teaspoon Salt.
- 1 Teaspoon Butter.
- 2 Level Tablespoons Brusson French
Gluten Flour.
- $\frac{1}{4}$ Cup Milk.
- 2 Eggs, yolks only.
- 1 Teaspoon Vanilla.
- $\frac{1}{2}$ Cup Freshly Grated Cocoanut.

Scald the $\frac{3}{4}$ cup of milk in double boiler; add the saccharin, salt, and butter. When dissolved, stir in the flour, which has been rubbed smooth with the $\frac{1}{4}$ cup of milk. Cook three minutes, stirring constantly. Add the yolks of the eggs, beat a few moments, and remove from the fire. When cool, flavor.

VANILLA DROPS

- $\frac{1}{4}$ Cup Gum Gluten Flour.
- $\frac{1}{8}$ Teaspoon Salt.
- 1 Egg.
- 1 Teaspoon Melted Butter.
- 1 Grain Saccharin, stirred in
- 1 Teaspoon Water.
- 1 Teaspoon Brandy.
- 1 Teaspoon Vanilla.
- $\frac{1}{4}$ Teaspoon Nutmeg.
- $\frac{1}{4}$ Cup Almonds, chopped and browned.

Sift flour and salt together. Beat the egg; add the butter, and heat until creamy. Add the other ingredients, and drop by spoonfuls on a greased baking sheet.

Bake fifteen to twenty minutes in a moderate oven.

SPONGE DROPS

- $\frac{1}{2}$ Cup Brusson Flour.
- $\frac{1}{8}$ Teaspoon Salt.
- $\frac{1}{8}$ Teaspoon Soda.
- 2 Eggs, beaten separately.
- 2 Grains Saccharin, stirred in
- 1 Teaspoon Water.
- $\frac{1}{2}$ Lemon, the grated rind.
- 1 Teaspoon Lemon Juice.

Sift the flour, salt, and soda together. Beat the

yolks until very light; add the saccharin, grated rind, lemon juice, and flour, and fold in the stiffly beaten whites of the eggs.

Drop by spoonfuls on a greased baking sheet, and bake in a moderate oven, about fifteen minutes.

NUT MACAROONS

1 Heaping Tablespoon Protosac Flour.

$\frac{1}{4}$ Saltspoon Soda.

$\frac{1}{2}$ Saltspoon Salt.

1 Egg.

1 Grain Saccharin, stirred in

1 Teaspoon Water.

1 Teaspoon Brandy.

1 Teaspoon Vanilla.

$\frac{1}{4}$ Teaspoon Nutmeg.

$\frac{1}{2}$ Cup Walnuts, chopped fine.

Sift flour, salt, and soda together. Beat the egg; add the saccharin, brandy, vanilla, nutmeg, and the flour, which has been sifted over the nuts.

Drop in tablespoonfuls on a greased baking pan, and bake fifteen minutes, in a moderate oven.

In place of walnuts,

$\frac{1}{2}$ Cup Freshly Grated Cocoanut, or,

$\frac{1}{2}$ Cup Almonds, blanched and chopped, may be used.

SPICE DROPS

$\frac{1}{4}$ Cup Butter (scant).
1 Egg.
1 Grain Saccharin, stirred in
1 Teaspoon Water.
 $\frac{1}{4}$ Teaspoon Cinnamon.
 $\frac{1}{4}$ Teaspoon Cloves.
 $\frac{1}{4}$ Teaspoon Ginger.
 $\frac{1}{4}$ Teaspoon Nutmeg.
 $\frac{1}{8}$ Teaspoon Salt.
1 Teaspoon Vanilla.
1 Teaspoon Brandy.
 $\frac{1}{4}$ Teaspoon Soda, dissolved in
1 Teaspoon Water.
 $\frac{1}{4}$ Cup Chopped Nuts.
 $\frac{1}{4}$ Cup Chopped Currants.
 $\frac{1}{4}$ Cup Diabetic Flour (or enough
to make a batter to drop).

Mix in order given; first dusting the nuts and fruit with the flour. Drop in tablespoonfuls on a greased baking pan, and bake in a moderate oven about twenty minutes.

HERMITS

- $\frac{1}{4}$ Cup Protosac Flour.
- $\frac{1}{2}$ Saltspoon Salt.
- $\frac{1}{4}$ Teaspoon Soda.
- 1 Heaping Tablespoon Butter.
- 1 Egg.
- 1 Grain Saccharin, stirred in
- 1 Teaspoon Water.
- 1 Teaspoon Vanilla.
- 1 Teaspoon Brandy.
- $\frac{1}{2}$ Teaspoon Cinnamon.
- $\frac{1}{2}$ Cup Chopped Walnuts.
- $\frac{1}{4}$ Cup Currants.

Sift flour, salt, and baking powder together. Cream the butter; add the beaten egg, saccharin, and flavoring. Then add the nuts and currants, which have been mixed with the flour.

Drop in spoonfuls on a greased baking pan, and bake fifteen or twenty minutes, in a moderate oven.

COOKIES

$\frac{1}{2}$ Cup Gum Gluten Flour
 $\frac{1}{4}$ Teaspoon Salt.
 $\frac{1}{2}$ Teaspoon Soda.
1 Egg.
2 Grains Saccharin, stirred in
1 Teaspoon Water.
 $\frac{1}{4}$ Cup Thick Sour Cream.
1 Teaspoon Vanilla.
 $\frac{1}{4}$ Teaspoon Nutmeg.
 $\frac{1}{4}$ Teaspoon Cinnamon.
1 Tablespoon Chopped Currants.
12 Brusson Cherries, chopped.

Sift the flour, salt, and soda together. Beat the egg; add the saccharin, cream, vanilla, spices, and the fruit, which has been mixed with the flour, etc.

Roll out one-quarter inch thick, cut in rounds, and bake on a greased baking tin, about fifteen or twenty minutes.

$\frac{1}{4}$ cup sweet cream, and a level teaspoon of baking powder may be used, omitting the sour cream and soda.

ALMOND COOKIES

- $\frac{1}{2}$ Cup Almond Flour.
- 1 Level Teaspoon Baking Powder.
- 1 Tablespoon Butter.
- 1 Egg.
- $\frac{1}{4}$ Grain Saccharin, stirred in
- 1 Teaspoon Water.
- $\frac{1}{2}$ Teaspoon Vanilla.

Sift flour and baking powder together. Rub in the butter. Beat the egg; add the saccharin, vanilla, and flour. Roll out thin; adding more almond flour if necessary. Cut in small rounds and bake in a hot oven, until lightly browned.

DESSERTS**BOILED CUSTARD**

- 1 Cup Rich Milk.
- 2 Eggs, the yolks only.
- 1 Grain Saccharin.
- $\frac{1}{2}$ Teaspoon Vanilla.
- $\frac{1}{4}$ Saltspoon Salt.

Scald the milk in a double boiler. Dissolve and stir the saccharin in it. Beat the yolks, add the

salt, and pour the hot milk on gradually. Pour back into the top of double boiler, and stir constantly, until it coats the spoon. Strain and, when cool, add the flavoring.

COFFEE BOILED CUSTARD

- $\frac{1}{2}$ Cup Milk.
- 1 Teaspoon Ground Coffee.
- 1 Egg.
- $\frac{1}{2}$ Grain Saccharin.
- $\frac{1}{8}$ Saltspoon Salt.
- $\frac{1}{2}$ Teaspoon Vanilla.

Scald the milk with the coffee, ten minutes. Strain and make the same as Boiled Custard. (See Recipe.)

Serve cold, in tall glass, with whipped cream on top.

FLOATING ISLAND

- 1 Cup rich Milk.
- 2 Eggs, the yolks only.
- 1 Grain Saccharin.
- $\frac{1}{2}$ Teaspoon Vanilla.
- $\frac{1}{4}$ Saltspoon Salt.

Make the same as Boiled Custard. (See Recipe.) When cold, place in a small glass dish, or individual

cups. Beat the whites of the eggs stiff, with a pinch of salt, having dissolved $\frac{1}{2}$ grain saccharin in the whites before beating. Pile in spoonfuls on the custard, and sprinkle the top with a little freshly grated cocoanut, or grating of nutmeg.

COCOA CUSTARD

$\frac{1}{2}$ Cup rich Milk.
1 Teaspoon Brusson Cocoa.
1 Egg.
 $\frac{1}{2}$ Grain Saccharin.
 $\frac{1}{4}$ Saltspoon Salt.
 $\frac{1}{2}$ Teaspoon Vanilla.

Scald the milk in a double boiler. Dissolve and stir the saccharin in it. Rub the cocoa to a smooth paste, with some of the hot milk; add the balance of the milk, and stir until dissolved. Beat the egg to a cream, add the salt, and pour on gradually the hot cocoa mixture. Return to the fire, and cook until the custard coats the spoon. Strain, and when cool, add the vanilla.

Serve in small glasses, with sweetened Whipped Cream (see Recipe) on top.

COCOANUT CUSTARD

Make a Boiled Custard, according to Recipe.
Add $\frac{1}{2}$ Cup of freshly grated cocoanut.

Serve in tall glasses, with Whipped Cream (see Recipe) on top.

BAKED CUSTARD

1 Cup Rich Milk.

1 Egg.

1 Grain Saccharin.

$\frac{1}{4}$ Saltspoon Salt.

$\frac{1}{2}$ Teaspoon Vanilla.

Scald the milk, dissolve and stir the saccharin in it. Beat the egg, add the salt, and pour on gradually the scalded milk. Add the vanilla, and strain into a small pudding dish. Grate nutmeg over the top.

Set the pudding dish in a pan of hot water, in a moderate oven, and bake about twenty minutes.

Pierce the custard with a knife. If it comes out clean, the custard is done.

BAKED WHITE CUSTARD

2 Eggs, whites only.
1 Grain Saccharin.
 $\frac{1}{4}$ Saltspoon Salt.
1 Cup Rich Milk.
 $\frac{1}{2}$ Teaspoon Vanilla.
Grating of Nutmeg.

Beat whites of eggs very light, with the salt. Dissolve and stir the saccharin in the milk, and pour on the beaten whites. Add the vanilla and nutmeg. Bake in cups, set in a pan of hot water, in a moderate oven, thirty minutes. Test the same as for Baked Custard. (See Recipe.)

COFFEE BAKED CUSTARD

1 Cup Rich Milk.
1 Level Tablespoon Coffee, ground.
1 Grain Saccharin.
1 Egg.
 $\frac{1}{4}$ Saltspoon Salt.
 $\frac{1}{2}$ Teaspoon Vanilla.

Scald the milk, with the coffee, 15 minutes. Strain and make the same as Baked Custard. (See Recipe.)

COCOA BAKED CUSTARD

- 1 Cup Rich Milk.
- 1 Level Tablespoon of Brusson Cocoa.
- 1 Grain Saccharin.
- 1 Egg.
- $\frac{1}{4}$ Saltspoon Salt.
- $\frac{1}{2}$ Teaspoon Vanilla.

Scald the milk. Dissolve and stir the saccharin in it. Mix the cocoa, smooth with some of the hot milk, add the balance of the milk, stir until dissolved. Beat the egg, add the salt, and pour on gradually the hot cocoa mixture. Flavor with the vanilla. Bake the same as Baked Custard. (See Recipe)

JUNKET

- 1 Cup Rich Milk.
- $\frac{1}{2}$ Junket Tablet.
- 1 Teaspoon Cold Water.
- $\frac{1}{2}$ Teaspoon Vanilla.
- $\frac{1}{4}$ Saltspoon Salt.

Heat the milk lukewarm; add the salt, flavoring, and the junket tablet, which has been dissolved in the cold water.

Pour into glasses, and let stand in a warm place, until firm.

Serve ice cold, with Sweetened Cream (see Recipe); and fresh berries (if allowed).

COFFEE JUNKET

1 Cup Rich Milk, or thin Cream.

$\frac{1}{2}$ Grain Saccharin.

$\frac{1}{4}$ Saltspoon Salt.

1 Teaspoon very strong Coffee.

$\frac{1}{2}$ Junket Tablet.

1 Teaspoon Cold Water.

Warm the milk to blood heat. Dissolve and stir the saccharin in it. Add the salt and the coffee. Remove from the fire, and stir in the junket tablet, which has been dissolved in the teaspoon of cold water.

Pour into glass cups, and set in a warm place until firm.

Serve ice cold, with a pitcher of Sweetened Cream. (See Recipe.)

COCOA JUNKET

- 1 Cup rich Milk.
- 1 Grain Saccharin.
- $\frac{1}{4}$ Saltspoon Salt.
- $\frac{1}{2}$ Teaspoon Vanilla.
- 1 Teaspoon Brusson Cocoa.
- $\frac{1}{2}$ Junket Tablet.
- 1 Teaspoon cold Water.

Rub the cocoa smooth with some of the cold milk. Scald the balance of the milk, in a double boiler. When hot, add the cocoa and saccharin. Cook until dissolved.

Remove from the fire, and when lukewarm, add the salt, vanilla, and the junket tablet, which has been dissolved in the teaspoon of cold water.

Pour into glasses, set in a warm place, to become firm.

Serve ice cold, with cream.

BRANDY JUNKET

- 1 Cup rich Milk.
- 1 Grain Saccharin.
- 2 Teaspoons Brandy, or Jamaica Rum.
- $\frac{1}{2}$ Junket Tablet.
- 1 Teaspoon cold Water.
- $\frac{1}{4}$ Saltspoon Salt.

Heat the milk lukewarm. Dissolve and stir the saccharin in it, add the brandy or rum, the salt, and last, the junket tablet, which has been dissolved in the teaspoon of cold water.

Pour into glasses, set in a warm place to become firm.

Serve ice cold, with cream.

JUNKET WITH EGG

- 1 Egg.
- 1 Cup Rich Milk.
- 1 Grain Saccharin.
- 1 Tablespoon Rum or Brandy.
- $\frac{1}{4}$ Saltspoon Salt.
- $\frac{1}{2}$ Junket Tablet.
- 1 Teaspoon Water.
- Grating of Nutmeg.

Beat the egg, separately, blend the two. Heat the milk lukewarm. Dissolve and stir the saccharin

in it, and pour over the egg. Add the flavoring, and the junket tablet which has been dissolved in the cold water.

Pour into glasses, and stand in a warm place until firm.

Serve ice cold, with cream.

ORANGE PUDDING

Put a thick layer of sliced oranges on the bottom of a small pudding dish. Make a boiled custard, according to recipe, and when cool, pour this over the oranges. Cover with Sweetened Whipped Cream (see Recipe) and serve very cold.

Peaches, strawberries and raspberries, may be served the same way.

SNOW PUDDING

1 Level Teaspoon Gelatine.

1 Tablespoon Cold Water.

$\frac{1}{2}$ Cup Boiling Water.

1 Grain Saccharin, stirred in

1 Teaspoon Water.

$1\frac{1}{2}$ Tablespoons Lemon Juice.

1 Egg, white only.

Soak the gelatine in the cold water, dissolve this in the boiling water, add the saccharin, and lemon

juice. Strain into a bowl. When beginning to stiffen, add the white of the egg, beaten stiff. Beat all together until very light.

Mould and serve with Custard Sauce. (See Recipe.)

SPANISH CREAM

$\frac{1}{2}$ Teaspoon Gelatine.
1 Tablespoon Cold Water.
1 Tablespoon Boiling Water.
1 Egg.
 $\frac{1}{2}$ Grain Saccharin, stirred in
1 Teaspoon Water.
 $\frac{1}{8}$ Saltspoon Salt.
 $\frac{1}{2}$ Cup Rich Milk.
 $\frac{1}{4}$ Teaspoon Vanilla.

Soak the gelatine in the cold water; dissolve this in the boiling water. Make a boiled custard of the egg yolk, saccharin, salt, and milk. Add the gelatine, vanilla, and the white of the egg, beaten stiff. Mix well, and pour into a wet mould to set.

Serve with Sweetened Cream. (See Recipe.)

ORANGE JELLY

- 1 Teaspoon Gelatine.
- $\frac{1}{4}$ Cup Cold Water.
- $\frac{1}{4}$ Cup Boiling Water.
- 1 Tablespoon Lemon Juice.
- $\frac{1}{2}$ Grain Saccharin, stirred in
- 1 Teaspoon Water.
- $\frac{1}{2}$ Cup Orange Juice.

Soak the gelatine, and the thin rind of one half the orange, in the cold water one hour. Dissolve with the boiling water; add the lemon juice, saccharin, and orange juice.

Strain into a wet mould.

Serve with whipped cream sauce, or Sweetened Cream. (See Recipe.)

COFFEE JELLY

- 1 Teaspoon Gelatine.
- $\frac{1}{4}$ Cup Cold Water.
- $\frac{1}{4}$ Cup Boiling Water.
- $\frac{1}{2}$ Cup Clear, Boiled Coffee.
- 1 Grain Saccharin, stirred in
- 1 Tablespoon Water.

Soak the gelatine in the cold water, dissolve in

the boiling water. Add the coffee and saccharin. Strain into a mould, and set on ice to harden.

Serve with Whipped Cream Sauce. (See Recipe.)

CREAM CHARLOTTE

- 1 Level Teaspoon Gelatine.
- 1 Tablespoon Cold Water.
- $\frac{1}{2}$ Cup Cream.
- $\frac{1}{8}$ Saltspoon Salt.
- $\frac{1}{2}$ Grain Saccharin, stirred in
- 1 Teaspoon Water.
- $\frac{1}{2}$ Teaspoon Vanilla.
- $\frac{1}{2}$ Teaspoon Brandy, or Rum.
- 1 Egg, white.

Soak the gelatine in the cold water, and dissolve by setting in hot water. Whip the cream, add the saccharin, salt, vanilla, brandy, the white of egg, beaten stiff, and last, the gelatine.

Mould and serve with Custard Sauce. (See Recipe.)

FRUIT GELATINE

- 1 Sour Orange.
- 1 Banana.
- $\frac{1}{4}$ Grated Pineapple.
- 1 Tablespoon Gelatine.
- 2 Tablespoons Cold Water.
- 2 Grains Saccharin, stirred in
- $\frac{1}{4}$ Cup Boiling Water.

Soak the gelatine in the cold water, dissolve in the boiling water. Add the saccharin. Chop the fruit, and mix all together.

Mould and serve with Sweetened Cream. (See Recipe.)

FRUIT PUDDING

- 1 Tablespoon Gelatine.
- $\frac{1}{4}$ Cup Cold Water.
- 1 Cup Boiling Water.
- 1 Grain Saccharin.
- 1 Lemon, Juice.
- 1 Banana.
- 1 Orange.
- 5 English Walnuts.

Soak the gelatine in cold water. Dissolve in the boiling water; stir in the saccharin and lemon

juice, add the fruit and nuts, which have been chopped.

Mould and serve with cream, or Whipped Cream Sauce. (See Recipe.)

BANANA PUDDING

1 Banana.

$\frac{1}{4}$ Grain Saccharin.

2 Tablespoons Cream.

1 Teaspoon Brandy.

$\frac{1}{2}$ Teaspoon Gelatine.

2 Teaspoons Cold Water.

2 Teaspoons Boiling Water.

Mash the banana; add the saccharin, first dissolved in the brandy; add the cream whipped to a stiff froth; and last the gelatine, which has been soaked in the cold water, and dissolved in the boiling water.

Beat a few moments. Mould and serve with Sweetened Cream. (See Recipe.)

BANANA CREAM

- 1 Teaspoon Gelatine.
- 2 Tablespoons Cold Water.
- 2 Tablespoons Boiling Water.
- $\frac{1}{2}$ Grain Saccharin, stirred in
- 1 Teaspoon Water.
- $\frac{1}{4}$ Cup Cre m.
- $\frac{1}{2}$ Cup Milk.
- 1 Banana, mashed.
- $\frac{1}{2}$ Teaspoon Vanilla.

Soak the gelatine in the cold water, dissolve in the boiling water.

Scald the cream and milk; add the saccharin, the banana, and vanilla. Beat well.

Mould and serve with cream.

PINEAPPLE SPONGE

- $\frac{1}{2}$ Cup Freshly Grated Pineapple.
- $\frac{1}{4}$ Grain Saccharin, stirred in
- 1 Teaspoon Water.
- 1 Teaspoon Gelatine.
- 1 Tablespoon Cold Water.
- 2 Tablespoons Boiling Water.
- 1 Egg, white only.

Soak the gelatine in the cold water. Grate the pineapple, and put it in a saucepan on the fire to

simmer ten minutes. Remove from fire and add the saccharin, and the gelatine, which has been dissolved in the boiling water. When cool and beginning to stiffen, add the white of the egg, beaten to a stiff froth.

Mould, and serve with Custard Sauce. (See Recipe.)

May also use

Juice and pulp of orange or

Strawberries, mashed and strained, or

Raspberries, mashed and strained, or

Peaches, mashed and strained.

DELMONICO PUDDING

1 Cup Milk.

$\frac{1}{4}$ Cup Freshly Grated Cocoanut.

1 Egg.

1 Grain Saccharin, stirred in

1 Teaspoon Water.

1 Teaspoon Gelatine.

1 Tablespoon Cold Water.

1 Tablespoon Boiling Water.

$\frac{1}{4}$ Saltspoon Salt.

$\frac{1}{2}$ Teaspoon Vanilla.

Soak the cocoanut in the milk, thirty minutes. Add the saccharin and salt, and scald in a double

boiler. Pour this on the beaten yolk; return to the fire, and cook until the custard thickens a little. Add the gelatine, and when cool, the vanilla. When beginning to stiffen, add the white of the egg which has been beaten stiff.

Mould and serve with sweetened cream, or Whipped Cream Sauce. (See Recipe.)

COCOANUT PUDDING

- ½ Cup Cream.
- ½ Cup Milk.
- ½ Saltspoon Salt.
- 1 Grain Saccharin.
- ½ Cup Freshly Grated Cocoanut.
- 2 Eggs, whites only.
- 1 Teaspoon Vanilla, or
- 1 Tablespoon Orange Juice.
- Grating of Nutmeg.

Heat the milk and cream in a double boiler; dissolve the saccharin in it. Add the salt and the cocoanut. Remove from fire, and beat in the whipped whites of the two eggs. Flavor. Pour into a small pudding dish, grate a little nutmeg over the top. Set in a pan of hot water and bake in a moderate oven, about forty-five minutes.

Serve cold with cream.

BLANC MANGE

- 1 Teaspoon Gelatine.
- 1 Tablespoon Cold Water.
- 1 Tablespoon Boiling Water.
- 1 Cup thin Cream, or rich Milk.
- $\frac{1}{4}$ Saltspoon Salt.
- 1 Grain Saccharin, stirred in
- 1 Teaspoon Water.
- $\frac{1}{2}$ Teaspoon Vanilla.
- 1 Small Stick Cinnamon.

Soak the gelatine in the cold water. Scald the cream and cinnamon in a double boiler ten minutes. Add the salt, saccharin, and gelatine, which has been dissolved in the boiling water. Strain, and add the vanilla.

Mould, and serve with a garnish of fresh fruit and sweetened cream or Whipped Cream Sauce. (See Recipe.)

May also add the well-beaten white of one egg, when the blanc mange begins to stiffen, and serve with Custard Sauce. (See Recipe.)

BLANC MANGE, WITH EGG

- 1 Teaspoon Gelatine.
- 1 Tablespoon Cold Water.
- 2 Tablespoons Boiling Water.
- 1 Cup Thin Cream, or Rich Milk.
- $\frac{1}{4}$ Saltspoon Salt.
- 1 Grain Saccharin, stirred in
- 1 Teaspoon Water.
- 1 Teaspoon Vanilla.
- 1 Egg.
- 1 Small Stick Cinnamon.

Soak the gelatine in the cold water, and dissolve in the boiling water. Scald the cream and the cinnamon, ten minutes, in a double boiler. Add the salt, saccharin, and the gelatine. Strain on to the well-beaten egg. Beat well, flavor, and mould.

Serve with cream, custard, or Fruit Sauce. (See Recipe.)

COCOA BAVARIAN CREAM

The same as Plain Bavarian Cream (see Recipe), using one heaping teaspoon Brusson Cocoa stirred with the milk before straining, and leaving out the brandy or rum.

COCOA BLANC MANGE

- 1 Cup Thin Cream, or Rich Milk.
- 1 Teaspoon Brusson Cocoa.
- 1 Teaspoon Gelatine.
- 1 Tablespoon Cold Water.
- 1 Tablespoon Boiling Water.
- $\frac{1}{4}$ Saltspoon Salt.
- 1 Grain Saccharin, stirred in
- 1 Teaspoon Water.
- $\frac{1}{2}$ Teaspoon Vanilla.

Scald the cream in the double boiler. Mix the cocoa smooth, with some of the hot cream; cook all together five minutes. Add the gelatine, which has soaked in the cold water, and been dissolved in the boiling water; the salt and saccharin. Strain, and add vanilla.

Mould, and serve with cream, or Whipped Cream Sauce.

Coffee Blanc Mange may be made in the same way, using a teaspoon of ground coffee, in place of the cocoa.

BAVARIAN CREAM, WITH EGG

- 1 Teaspoon Gelatine.
- 2 Tablespoons Cold Water.
- $\frac{1}{2}$ Cup Cream.
- $\frac{1}{2}$ Cup Milk.
- 1 Egg, yolk.
- $\frac{1}{2}$ Grain Saccharin, dissolved in
- 1 Teaspoon Water.
- $\frac{1}{8}$ Saltspoon Salt.
- $\frac{1}{2}$ Teaspoon Vanilla.
- 1 Teaspoon Brandy or Rum.

Soak the gelatine in the cold water until soft. Scald the milk in the double boiler. Beat the yolk of the egg, add the saccharin and salt, and pour on gradually the boiling milk. Return to the fire, and cook a moment to set the egg, stirring constantly. Add the gelatine and when dissolved, strain into a bowl. When cool, add the vanilla and liquor. When cold and beginning to stiffen, stir in lightly the cream, which has been whipped to a stiff froth.

Mould and serve with cream.

PLAIN BAVARIAN CREAM

- 1 Level Teaspoon Gelatine.
- 2 Tablespoons Cold Water.
- $\frac{1}{2}$ Cup Milk.
- $\frac{1}{2}$ Cup Cream.
- $\frac{1}{2}$ Teaspoon Vanilla.
- $\frac{1}{2}$ Grain Saccharin, stirred in
- 1 Teaspoon Water.

Soak the gelatine in the cold water until soft. Scald the milk, and dissolve the gelatine in it. Add the saccharin and vanilla. When the mixture is beginning to stiffen, stir in lightly the cream, which has been whipped to a stiff froth.

Mould, and serve with cream or Custard Sauce. (See Recipe.)

COFFEE BAVARIAN CREAM

The same as Plain Bavarian Cream. (See Recipe.)

Use two Tablespoons of clear black coffee, in place of the brandy or rum; or,

One Tablespoon ground coffee, scalded with the milk.

FRUIT BAVARIAN CREAM

- 1 Teaspoon Gelatine.
- 2 Tablespoons Cold Water.
- $\frac{1}{2}$ Cup Fruit Juice.
- $\frac{1}{2}$ Grain Saccharin, stirred in
- 1 Teaspoon Water.
- $\frac{1}{2}$ Cup Cream.

Mash the fruit, and strain through a fine sieve. Soak the gelatine in the cold water. Heat the fruit juice, and dissolve the gelatine in it. Strain, and add the saccharin. When cool and beginning to stiffen, stir in lightly the cream, which has been whipped to a stiff froth.

Mould, and serve with cream.

The juice of

Strawberries, Raspberries or Peaches, may be used. Pineapple must simmer ten minutes before adding gelatine.

BRANDY WHIPS

- $\frac{1}{2}$ Cup Sweet Cream.
- 1 Egg, white only.
- $\frac{1}{2}$ Grain Saccharin, stirred in
- 1 Tablespoon Brandy.
- $\frac{1}{8}$ Saltspoon Salt.

Whip the cream, and the white of the egg, separately, to a stiff froth. Beat together; add saccharin, salt, and brandy.

Serve in glasses, with a grating of nutmeg on top.

PEACH PUDDING

- 1 Cup Mashed Peaches.
- 1 Egg.
- 1 Grain Saccharin, stirred in
- 1 Teaspoon Water.
- $\frac{1}{2}$ Teaspoon Butter (melted).
- $\frac{1}{4}$ Teaspoon Cinnamon.
- $\frac{1}{4}$ Teaspoon Nutmeg.
- $\frac{1}{4}$ Teaspoon Almond Extract.
- $\frac{1}{4}$ Saltspoon Salt.

Beat the yolk; add the mashed peaches, saccharin,

butter, spices, and flavoring, and last the white of the egg beaten stiff, with the salt.

Bake in a buttered pudding dish, set in a pan of hot water, thirty minutes.

Serve immediately, with cream.

PEACH DELIGHT

3 Peaches, large.

$\frac{1}{4}$ Cup Water.

1 Teaspoon Butter.

Butter a small pudding dish; put in a layer of sliced peaches, dot with bits of butter; cover with another layer of peaches, and butter, until all are used. Pour on the water.

Make a biscuit crust of

$\frac{3}{4}$ Cup Brusson Flour.

$1\frac{1}{2}$ Teaspoons Baking Powder.

$\frac{1}{4}$ Teaspoon Salt.

1 Tablespoon Butter.

$\frac{1}{4}$ Cup (or more) Milk.

Sift flour, salt, and baking powder together. Rub in the butter; mix as soft as can be handled with the

milk; pat into shape, and place on top of the peaches. Cut a hole in the top to let steam escape, and bake in a quick oven $\frac{3}{4}$ of an hour.

Serve hot, with Peach Sauce. (See Recipe.)

BAKED APPLES

Select nice large tart apples, wash and wipe them, and remove the cores.

Place them in a baking dish and pour one cup of water in the pan. Bake in a moderate oven, until soft, basting frequently.

Serve with Sweetened Cream. (See Recipe.)

APPLE SAUCE

$\frac{1}{2}$ Cup Water.

5 Large Tart Apples, pared, cored and cut into eighths.

$1\frac{1}{2}$ Grains Saccharin, stirred in $\frac{1}{4}$ Cup Water

Cook the apples and the $\frac{1}{2}$ cup of water in a granite saucepan. When cool, sweeten with the saccharin. Stir until well mixed.

BAKED APPLE DUMPLING

Make a pie crust of any Diabetic Flour, according to recipe. Roll into squares large enough to cover an apple. Select a large, sour apple, pare and core it. Put a little butter, cinnamon and nutmeg in the center, place the apple in the pie crust, wet the edges with cold water, or white of egg, and fold together.

Bake in a moderate oven, forty minutes.

Serve with Sweetened Cream. (See Recipe.)

BAKED APPLE PUDDING

Fill a small pudding dish half full of apple sauce, made according to recipe.

Make a biscuit dough of

$\frac{3}{4}$ Cup Brusson Flour.

$1\frac{1}{2}$ Teaspoon Baking Powder.

$\frac{1}{4}$ Teaspoon Salt.

1 Tablespoon Butter.

$\frac{1}{4}$ Cup (or more) Milk.

Sift flour, salt, and baking powder together. Rub in the butter, mix as soft as can be handled with the

milk. Pat into shape, and place on top of apple sauce, cutting a hole in the top to let steam escape. Bake in a quick oven thirty or forty minutes.

Turn out on dish, apple side up, and serve with Sweetened Cream. (See Recipe.)

APPLE SNOW

1 Large Tart Apple.

$\frac{1}{4}$ Cup Water.

1 Egg, the white only.

$\frac{1}{4}$ Grain Saccharin, stirred in

1 Teaspoon Water.

Stew the apple, cored and quartered (but not pared) in the water. When soft, rub through a sieve, and sweeten with the saccharin. When cold, add the white of the egg, which has been beaten to a stiff froth, and beat all together, until like snow.

Pile in a glass dish, garnish with bits of Pomarius (or Diabetic Jelly) and serve with Custard Sauce. (See Recipe.)

$\frac{1}{4}$ Cup Mashed Peaches may be used in place of the apple.

APPLE WHIP

- $\frac{1}{2}$ Cup Milk.
- $\frac{1}{2}$ Teaspoon Butter.
- $\frac{1}{2}$ Grain Saccharin.
- 1 Egg, yolk.
- $\frac{1}{4}$ Saltspoon Salt.
- $\frac{1}{2}$ Teaspoon Vanilla.
- $\frac{1}{2}$ Cup Strained Apple Sauce.
- 1 Egg, white.

Scald the milk in a double boiler; add the butter and saccharin, and stir until dissolved. Beat the egg yolk, add the salt, and pour the hot milk on gradually. Return to top of double boiler, and stir constantly until it coats the spoon. Remove from the fire and when cold flavor and add the apple sauce. Beat all together, and just before serving, add the white of the egg beaten to a stiff froth.

Serve in glass cups.

APPLE PUDDING, No. I

- 1 Cup stewed and strained Apples.
- 1 Grain Saccharin, stirred in
- 1 Teaspoon Water.
- $\frac{1}{2}$ Teaspoon Butter.
- $\frac{1}{2}$ Teaspoon Cinnamon and Nutmeg mixed.
- 1 Egg, yolk.
- $\frac{1}{2}$ Teaspoon Vanilla.
- $\frac{1}{4}$ Saltspoon Salt.
- 1 Egg, white.

While the apple is warm, add the saccharin, butter, and spices. When cold, add the beaten yolk, and vanilla. Beat the white of the egg stiff, with the salt. Beat all together.

Bake in a pudding dish, set in a pan of hot water, about thirty minutes.

Serve immediately, with a pitcher of cream.

Peaches may be mashed, and used in place of the apple, using $\frac{1}{4}$ Teaspoon almond extract in place of the vanilla.

APPLE PUDDING, No. II

$\frac{1}{2}$ Cup Strained Apple Sauce. While hot add
1 Teaspoon Butter.
1 Grain Saccharin, stirred in
1 Teaspoon Water.
1 Egg.
 $\frac{1}{4}$ Saltspoon Salt.
 $\frac{1}{4}$ Teaspoon Grated Nutmeg.
 $\frac{1}{2}$ Teaspoon Vanilla.
1 Cup Rich Milk.

Mix the apple sauce, butter, and dissolved saccharin together. Beat the yolk of the egg, add the milk, the salt, nutmeg, vanilla, and apple mixture, and last the white of the egg beaten stiff.

Pour into a pudding dish, set in a pan of hot water, and bake about thirty-five minutes, or until the custard has set.

Serve cold.

Mashed peaches may be used in place of the apple sauce.

APPLE PUDDING, No. III

1 Heaping Teaspoon Butter.
1 Tablespoon Brusson Flour.
 $\frac{1}{4}$ Cup Milk.
 $\frac{1}{4}$ Saltspoon Salt.
1 Egg.
 $\frac{1}{2}$ Grain Saccharin, stirred in
1 Teaspoon Water.
Grated Rind of $\frac{1}{4}$ Lemon.

Melt the butter; stir in the flour, until smooth. Add the milk and salt, and blend together. Take from fire, add the egg (yolk and white beaten separately), the saccharin and lemon rind.

Fill a pudding dish with sliced apple. Pour the mixture over the top, and bake forty-five minutes, in a moderate oven.

Serve at once with cream.

APPLE CREAM

$\frac{1}{2}$ Cup Strained Apple Sauce.
 $\frac{1}{2}$ Grain Saccharin, stirred in
1 Teaspoon Cold Water.
1 Teaspoon Gelatine.
2 Teaspoons Cold Water.
2 Teaspoons Boiling Water.
1 Teaspoon Vanilla.
 $\frac{1}{4}$ Saltspoon Salt.
 $\frac{1}{2}$ Cup Cream.

Add the dissolved saccharin to the apple sauce. Soak the gelatine in the 2 teaspoons of cold water, dissolve this in the boiling water, and add to the apple sauce, with the salt and vanilla.

When the mixture is cool, and beginning to stiffen, add the cream, whipped. Beat well, and pour into a wet mould, to set.

Serve with Custard Sauce. (See Recipe.)

APPLE SOUFFLE

- $\frac{1}{2}$ Cup Stewed and Strained Apples.
- $\frac{1}{4}$ Teaspoon Butter.
- $\frac{1}{2}$ Grain Saccharin, stirred in
- 1 Teaspoon Water.
- $\frac{1}{4}$ Teaspoon Nutmeg.
- $\frac{1}{4}$ Teaspoon Cinnamon.
- 1 Egg, white only.
- $\frac{1}{4}$ Saltspoon Salt.
- $\frac{1}{2}$ Teaspoon Vanilla.

While the apples are hot, add the butter, saccharin, and spices. When cold, add the white of the egg, beaten stiff, with the salt, and the vanilla. Beat well, and pour into a pudding mould. Set in a pan of hot water, and brown in a moderate oven, about thirty minutes.

Serve immediately, with sweetened Whipped Cream. (See Recipe.)

Peaches, mashed, may be used in place of the apples.

ALMOND PUDDING

- 1 Egg.
- 2 Tablespoons Blanched and Chopped Almonds.
- 1 Tablespoon Cream.
- 1 Tablespoon Brandy.
- $\frac{1}{4}$ Grain Saccharin, stirred in
- 1 Teaspoon Water.
- 1 Teaspoon Melted Butter.

Beat the egg very light; add the almonds, cream, brandy, saccharin, and butter. Mix well, and bake in buttered cups, set in a pan of hot water, about one half hour in a hot oven.

Serve at once with Custard Sauce. (See Recipe.)

SPONGE PUDDING

- 1 Cup Milk.
- 2 Level Tablespoons Brusson French Gluten Flour.
- 1 Grain Saccharin.
- 1 Tablespoon Butter (scant).
- 2 Eggs.
- 1 Teaspoon Vanilla.

Scald half the milk in double boiler; stir in the saccharin. Mix the flour and cold milk to a smooth

paste, and stir into the scalded milk. Cook until it thickens. Add the butter, and, when melted, remove from the fire and strain. When nearly cold, add the well-beaten yolks, the stiffly beaten whites, and the vanilla.

Bake in a buttered pudding dish, set in a pan of warm water, in a hot oven, thirty minutes.

Serve immediately, with cream; or, with Custard Sauce. (See Recipe.)

PEACH CREAM

- $\frac{1}{2}$ Cup Mashed Peaches, sound and ripe.
- $\frac{1}{2}$ Grain Saccharin, stirred in
- 1 Teaspoon Cold Water.
- 1 Teaspoon Gelatine.
- 2 Teaspoons Cold Water.
- 2 Teaspoons Boiling Water.
- 1 Teaspoon Vanilla.
- $\frac{1}{4}$ Saltspoon Salt.
- $\frac{1}{2}$ Cup Cream.

Pare and wash the peaches, and stir in the dissolved saccharin. Soak the gelatine in the 2 teaspoons of cold water and dissolve this in the boiling water. Add this to the peaches, with the salt and

vanilla. Whip the cream stiff. Beat all together. Pour into a wet mould to set.

Serve very cold, with Custard Sauce. (See Recipe.)

FRUIT MOUND

2 Ripe Sound Peaches, cut in small pieces.

1 Level Teaspoon Gelatine.

$\frac{1}{4}$ Cup Cold Water.

$\frac{1}{2}$ Cup Milk.

1 Grain Saccharin.

1 Egg, yolk.

1 Teaspoon Vanilla.

$\frac{1}{2}$ Cup Cream.

Soak the gelatine in the cold water. Heat the milk in the double boiler, add the saccharin, and stir until dissolved. Beat the yolk, pour the hot milk on the egg, and return to the fire in double boiler. Cook until it coats the spoon. Remove from fire, add the gelatine and vanilla, and when beginning to stiffen, the cream, which has been whipped stiff.

Fill a mould with fruit and cream, alternately, having a layer of cream top and bottom.

Serve cold with cream.

ORANGE SPONGE

- 1 Level Teaspoon Gelatine.
- 1 Tablespoon Cold Water.
- 2 Tablespoons Boiling Water.
- 1 Grain Saccharin, stirred in the boiling water.
- $\frac{3}{4}$ Cup Orange Juice.
- 1 Egg, white only.

Soak the gelatine in the cold water; dissolve in the boiling water, and add the orange juice. When beginning to stiffen, beat in the white of the egg, which has been beaten to a stiff froth. Mould and serve with Custard Sauce. (See Recipe.)

VELVET CREAM

- $\frac{1}{4}$ Cup Rhine Wine.
- 1 Teaspoon Gelatine.
- $\frac{1}{2}$ Cup Boiling Water.
- 1 Grain Saccharin, stirred into the boiling water.
- 1 Teaspoon Lemon Juice.
- $\frac{1}{2}$ Cup Cream.

Soak the gelatine in the wine until soft. Dissolve in the boiling water; add the lemon juice, and, when

beginning to stiffen, beat in the cream, which has been whipped to a stiff froth.

Mould and serve with Custard Sauce. (See Recipe.)

ALMOND CREAM

1 Tablespoon Blanched and Chopped
Almonds.

1 Level Teaspoon Gelatine.

1 Tablespoon Cold Water.

$\frac{1}{2}$ Cup Cream.

$\frac{1}{2}$ Grain Saccharin, stirred in

1 Teaspoon Water.

$\frac{1}{4}$ Teaspoon Almond Extract.

After the almonds have been chopped, bake them in the oven until delicately browned. Soak the gelatine in the cold water one-half hour; dissolve by setting in hot water. Whip the cream; add the dissolved saccharin, gelatine, almonds, and flavoring; then pour into a mould to stiffen.

Serve with Custard Sauce. (See Recipe.)

BROWN BETTY

$\frac{1}{2}$ Cup Diabetic Bread Crumbs.
 $1\frac{1}{2}$ Cups Chopped Sour Apples.
1 Heaping Tablespoon Butter.
 $\frac{1}{2}$ Teaspoon Cinnamon.
1 Saltspoon Cloves.
1 Saltspoon Allspice.
 $\frac{1}{2}$ Grain Saccharin.
 $\frac{1}{4}$ Cup Water.

Butter a pudding dish, put a layer of apples on the bottom, dot with bits of butter, and sprinkle on some of the spices, which have been mixed. Cover with crumbs, then more apple and spices in layers, until the dish is full. Have a layer of crumbs on top, dotted with the butter. Stir the saccharin in the $\frac{1}{4}$ cup of water, and pour over the pudding. Cover and bake forty-five minutes. Uncover, and brown quickly.

Serve hot, with cream.

If allowed, add

$\frac{1}{4}$ Cup very dry Sherry, or Brandy, and
 $\frac{1}{2}$ Cup Currants.

EVAPORATED PEACHES

Wash, and look over carefully one-half pound of evaporated peaches. Soak over night in cold water, to cover. In the morning cook slowly in the same water until soft. Sweeten with $\frac{1}{2}$ grain saccharin, stirred until dissolved in some of the juice.

Serve cold with cream.

GLUTEN BROWN BETTY

3 Gum Gluten Biscuit Crisps.

1 Large Sour Apple.

1 Tablespoon Butter.

$\frac{1}{2}$ Grain Saccharin.

1 Tablespoon Water.

$\frac{1}{4}$ Saltspoon Grated Nutmeg.

$\frac{1}{2}$ Saltspoon Cinnamon.

Crumble the Biscuit Crisps, mix and bake the same as Brown Betty. (See Recipe.)

Serve warm, with Sweetened Cream. (See Recipe.)

BREAD PUDDING

- 1 Cup Proto Puffs No. II or Gum Gluten
Crisps, after breaking into small pieces;
Or, $\frac{1}{2}$ Cup Diabetic Bread.
- 1 Cup Milk
- 1 Grain Saccharin, stirred in
- 1 Teaspoon Water.
- $\frac{1}{2}$ Saltspoon Salt.
- 1 Egg.
- $\frac{1}{2}$ Teaspoonful Vanilla.
- 1 Tablespoon Butter.
- $\frac{1}{4}$ Cup Chopped Apples, or Currants.
- Grating of Nutmeg.

Soak the bread in the milk one hour; add the saccharin, salt, vanilla, and apples or currants. Beat the egg, stir all together. Pour in a pudding mould. Grate the nutmeg on top, dot with the butter, and bake forty-five minutes.

Serve hot

STEAMED PUDDING

- $\frac{1}{2}$ Cup Diabetic Bread Crumbs.
- $\frac{1}{2}$ Cup Brusson French Gluten Flour.
- 1 Teaspoon Baking Powder.
- $\frac{1}{4}$ Teaspoon Salt.
- $\frac{1}{2}$ Cup Milk.
- 1 Egg.
- $\frac{1}{4}$ Cup Chopped Beef Suet.
- $\frac{1}{4}$ Teaspoon Cinnamon.
- $\frac{1}{4}$ Teaspoon Allspice.
- $\frac{1}{4}$ Teaspoon Cloves.
- $\frac{1}{4}$ Teaspoon Nutmeg.
- 1 Tablespoon Brandy.
- $\frac{1}{2}$ Cup Chopped Sour Apple.
- $\frac{1}{2}$ Cup Currants.

Sift flour, baking powder, salt, and spices together. Beat the egg, add the milk, bread crumbs, suet, brandy, apples, currants, and last the flour mixture.

Steam two hours in a buttered mould. Serve with Whipped Cream Sauce. (See Recipe.)

BOILED SEMOLINA

1½ Cups Water, or Milk.

¼ Teaspoon Salt.

¼ Cup Semolina.

Have the water, or milk, salted and boiling. Stir in the Semolina gradually; and cook in double boiler one-half hour.

Serve hot with sweetened cream, as a dessert; or serve plain in place of potato for dinner, using a little butter on it.

BAKED SEMOLINA

2 Eggs (small).

½ Cup Cooked Semolina.

¼ Saltspoon Salt.

1 Grain Saccharin, stirred in

1 Cup Milk.

2 Teaspoons Melted Butter.

½ Cup Currants.

1 Teaspoon Vanilla.

Beat the yolks of the eggs; add the Semolina, salt, saccharin, milk, butter, currants, and vanilla.

Mix well, then add the stiffly beaten whites of the eggs.

Bake in a pudding dish, about thirty minutes, in a moderate oven.

Serve hot or cold, with cream, for dessert; or hot, in place of potato, for dinner, leaving out the saccharin, vanilla, and currants.

SEMOLINA SOUFFLE

- 1/2 Cup Milk.
- 1 Inch Stick Cinnamon.
- 1/8 Saltspoon Salt.
- 2 Teaspoons Semolina.
- 1/2 Grain Saccharin, stirred in
- 1 Teaspoon Water.
- 1 Egg, the yolk.
- 2 Eggs, whites.
- 1/2 Teaspoon Vanilla.

Scald the milk and cinnamon in the double boiler, five minutes. Remove the cinnamon, add the salt and Semolina, and cook until it thickens. When slightly cool, add the beaten yolk, the saccharin, whites of the eggs beaten to a stiff froth, and the vanilla.

Bake in a pudding dish, set in a pan of warm water, about thirty minutes.

Serve at once with Cream or Custard Sauce. (See Recipe.)

SEMOLINA CREAM

1½ Teaspoons Semolina.

1¼ Cup Milk.

1 Level Teaspoon Gelatine.

1 Teaspoon Cold Water.

½ Grain Saccharin, stirred in 1 Teaspoon Water.

¼ Saltspoon Salt.

½ Teaspoon Vanilla.

1 Tablespoon washed and dried Currants.

Soak the Semolina in the ¼ cup of milk, one hour. Soak the gelatine in the cold water thirty minutes. Scald the balance of the milk, and cook the Semolina in it for thirty minutes, in a double boiler. While hot, add the gelatine, saccharin, salt, vanilla, and currants.

Mould, and serve cold with cream or Custard Sauce. (See Recipe.)

SAUCES

CUSTARD SAUCE

- $\frac{3}{4}$ Cup Rich Milk.
- 1 Egg.
- $\frac{1}{4}$ Saltspoon Salt.
- $\frac{1}{2}$ Grain Saccharin, dissolved in
- 1 Teaspoon Water.
- $\frac{1}{2}$ Teaspoon Vanilla.

Scald the milk in a double boiler; add the saccharin and salt. Beat the egg, and pour on gradually the hot milk. Return to the fire, and cook until the custard coats the spoon. Strain, and, when cool, add the vanilla.

STRAWBERRY SAUCE

- $\frac{1}{2}$ Box of Strawberries.
- $\frac{1}{2}$ Cup of Heavy Cream.
- $\frac{1}{2}$ Grain of Saccharin, stirred in
- 1 Teaspoon Water.

Mash the berries; add the saccharin. Whip the cream stiff, and beat all together.

FRUIT SAUCE

- 1/2 Cup Fruit Juice.
- 1/2 Grain Saccharin, stirred in
- 1 Teaspoon Water.
- 1 Teaspoon Brusson French Gluten Flour.
- 1 Tablespoon Cold Water.

Heat the juice; add the saccharin. Mix the flour smooth, with the cold water. Add to the hot syrup, and cook ten minutes.

Serve hot.

PEACH SAUCE

- 1/2 Cup Peaches, mashed and rubbed through a sieve.
- 1 Level Tablespoon Butter.
- 1/2 Tablespoon Lemon Juice.
- 1 Teaspoon Brusson French Gluten Flour.
- 1/2 Cup Boiling Water.
- 1/2 Grain Saccharin, stirred in
- 1 Teaspoon Water.
- 1 Tablespoon Cold Water.

Rub the flour smooth, with the cold water. Cook in the boiling water fifteen minutes in a double

boiler. Add the butter, lemon juice, saccharin, and peaches.

SWEETENED CREAM

$\frac{1}{2}$ Cup Cream.
 $\frac{1}{2}$ Grain Saccharin, stirred in
1 Teaspoon Water.

Stir the saccharin in the water until dissolved, and mix thoroughly with the cream.

WHIPPED CREAM SAUCE

$\frac{1}{2}$ Cup Thick Cream.
 $\frac{1}{2}$ White of One Egg.
 $\frac{1}{2}$ Grain Saccharin, dissolved in
 $\frac{1}{2}$ Teaspoon Water.
 $\frac{1}{2}$ Teaspoon Vanilla, or,
1 Tablespoon Brandy, or Rum.

Whip the cream to a stiff froth; add the saccharin and flavoring. Beat the whites of the egg until stiff; then beat both together.

PIE CRUST

- 1 Cup Glutosac or Gum Gluten Flour.
- $\frac{1}{4}$ Teaspoon Salt.
- 2 Tablespoons Lard.
- 2 Tablespoons Butter.
- 1 Egg (yolk only).
- $\frac{1}{4}$ Cup Water.

Sift flour and salt together. Chop the butter and lard with the flour until fine; add the egg yolk and water. Roll out and use at once.

BRUSSON PIE CRUST

- $\frac{1}{2}$ Cup Brusson French Gluten Flour.
- $\frac{1}{4}$ Teaspoon Salt.
- 1 Level Tablespoon Lard.
- 1 Level Tablespoon Butter.
- 2 Tablespoons Water.

Sift the flour and salt together. Rub in the butter and lard; moisten with the water. Roll out thin and use at once.

TARTS

Make a pie crust from either recipe given.

Roll thin, line small tart tins with the crust, and bake in a hot oven until a delicate brown. Just before serving fill with sweetened apple sauce, stewed evaporated peaches, or any fresh fruit allowed. and cover with whipped cream.

Serve hot or cold.

ICE CREAM

$\frac{1}{2}$ Cup Milk.

1 Egg.

$\frac{1}{4}$ Saltspoon Salt.

$1\frac{1}{4}$ Grains Saccharin, stirred in

1 Teaspoon Water.

1 Cup Cream.

1 Teaspoon Vanilla.

Scald the milk in the double boiler. Beat the egg; add the salt and saccharin, and pour on gradually the hot milk. Return to the fire and cook until the custard coats the spoon. Strain, and, when cold, add the cream and vanilla.

Freeze in a small freezer, using less salt with the ice than for ordinary ice creams, and serving very

soon after the custard becomes stiff. If left too long after freezing, the cream becomes too solid.

ICE CREAM, WITH FRUIT

Fill a glass half full of Vanilla Ice Cream. (See Recipe.) Crush Strawberries or Raspberries, and pour over the Cream.

ICE CREAM FLAVORS

To the Ice Cream Recipe add:

- $\frac{1}{2}$ Banana, mashed; or,
- $\frac{1}{2}$ Cup Peaches, mashed and strained; or,
- $\frac{1}{2}$ Cup Raspberries, mashed and strained; or,
- $\frac{1}{2}$ Cup Strawberries, mashed and strained; or,
- $\frac{1}{2}$ Cup Chopped Brusson Cherries; or,
- 1 Tablespoon Jamaica Rum; or,
- $\frac{1}{2}$ Bar Brusson Sweet Chocolate, melted in the hot milk, and $\frac{1}{8}$ Teaspoon Ceylon Cinnamon; or,
- 2 Tablespoons Black Coffee; or,
- 1 Teaspoon Ground Coffee, scalded in the milk five minutes; or,
- 1 Tablespoon Pistachio Nuts, and 1 Tablespoon Blanched Almonds, chopped together; or,
- 1 Large Baked Apple, rubbed through a sieve.

BERRY PIES

Dust the pie plate with Diabetic Flour, and line with the pie crust.

Fill with Huckleberries, or Blackberries. Dissolve $\frac{1}{2}$ Grain Saccharin in $\frac{1}{4}$ Cup Water, and pour over the berries; sprinkle 1 Teaspoon Diabetic Flour over fruit, and dot with bits of butter.

Wet edges of crust with cold water; lay over top crust, pressing edges well together. Bind with strip of wet muslin. Cut a small slit in top of crust, and bake in a hot oven, until crust is well browned. Remove strip of muslin as soon as taken from oven.

APPLE PIE

Dust the pie plate with Diabetic Flour, and line with the pie crust.

Cut sour apples into small slices. Fill the plate, piling higher in the center.

Dissolve one-half grain of saccharin in a quarter of a cup of water; pour this over the apples, sprinkle with cinnamon, and a little nutmeg, and dot with bits of butter. Wet the edges of the under crust with cold water, cover with top crust, and bind

the edges with a narrow strip of wet cloth, to keep in the juice. Cut a cross in top of crust, and bake in a hot oven, about thirty minutes, or until crust is well browned.

Use pie plate about 6½ inches in diameter.

INDEX

BREAD, MUFFINS, ETC.

	PAGE
Apple Cake, Dutch.....	29
Biscuit:	
Brusson, Drop.....	30
Brusson, Tea.....	30
Glutosac, Tea.....	15
Gum Gluten, Tea.....	25
Protosac, Tea.....	20
Raised	27
Bread:	
Almond	36
Bran	27
Fried	37
Glutosac	13
Gum Gluten	23
Protosac	17
Buns, Protosac, Currant.....	21
Griddle Cakes:	
Brusson	31
Glutosac	17
Gum Gluten	26
Protosac	23
Huckleberry Cake	32

Muffins:	PAGE
Almond Flour.....	35
Brusson, No. 1.....	28
Brusson, No. 2.....	28
Glutosac, No. 1.....	14
Glutosac, No. 2.....	15
Gum Gluten, No. 1.....	24
Gum Gluten, No. 2.....	25
Protosac, No. 1.....	18
Protosac, No. 2.....	19
Protosac, No. 3.....	19
Protosac, No. 4.....	20
Protosoy and Glutosac.....	34
Protosoy, No. 1.....	33
Protosoy, No. 2.....	33
Pure Washed Gluten Flour.....	38
Puffs, German.....	35
Shortcake	37
Toast, Cream	32
Waffles:	
Brusson	31
Glutosac	16
Gum Gluten	26
Protosac	22

CAKE

Almond Cake.....	49
Almond Cookies.....	57
Bread Cake.....	42
Chocolate Filling.....	44
Chocolate Icing.....	44
Chocolate Layer Cake.....	43
Cocoanut Cake, No. 1.....	45

INDEX

115

	PAGE
Cocoanut Cake, No. 2.....	45
Cookies	56
Cream Filling for Puffs.....	51
Cream Puffs.....	50
Cup Cake.....	40
Currant Loaf Cake.....	39
Hermits	55
Nut Cake	46
Nut Macaroons	53
Sour Cream Cake.....	48
Spice Cake	41
Spice Drops	54
Sponge Drops	52
Vanilla Drops	52
White Cake	47

DESSERTS

Almond Cream.....	96
Almond Pudding	92
Apple Cream	90
Apple Pudding, No. 1.....	87
Apple Pudding, No. 2.....	88
Apple Pudding, No. 3.....	89
Apple Sauce	83
Apple Snow	85
Apple Souffle	91
Apple Whip	86
Baked Apple Dumpling.....	84
Baked Apple Pudding.....	84
Baked Apples	83
Baked Custard	60
Baked Semolina	101

	PAGE
Baked White Custard.....	61
Banana Cream	72
Banana Pudding	71
Bavarian Cream, with Egg.....	78
Blanc Mange	75
Blanc Mange, with Egg.....	76
Boiled Custard	57
Boiled Semolina	101
Brandy Junket	65
Brandy Whips	81
Brown Betty	97
Bread Pudding	99
Cocoa Baked Custard.....	62
Cocoa Bavarian Cream.....	76
Cocoa Blanc Mange.....	77
Cocoa Custard	59
Cocoa Junket	64
Cocoanut Custard	60
Cocoanut Pudding	74
Coffee Baked Custard	61
Coffee Bavarian Cream	79
Coffee Boiled Custard	58
Coffee Jelly	68
Coffee Junket	63
Cream Charlotte	69
Delmonico Pudding	73
Evaporated Peaches	98
Floating Island	58
Fruit Bavarian Cream	80
Fruit Gelatine	70
Fruit Mound	94
Fruit Pudding	70
Gluten Brown Betty.....	98

INDEX

117

	PAGE
Junket	62
Junket with Egg.....	65
Orange Jelly	68
Orange Pudding	66
Orange Sponge	95
Peach Cream	93
Peach Delight	82
Peach Pudding	81
Pineapple Sponge	72
Plain Bavarian Cream.....	79
Semolina Cream	103
Semolina Souffle	102
Snow Pudding	66
Spanish Cream	67
Sponge Pudding	92
Steamed Pudding	100
Velvet Cream	95

SAUCES

Custard Sauce.....	104
Fruit Sauce.....	105
Peach Sauce.....	105
Strawberry Sauce.....	104
Sweetened Cream.....	106
Whipped Cream Sauce.....	106

PIE CRUST

Brusson Pie Crust.....	107
Pie Crust	107
Tarts	108

ICE CREAM

	PAGE
Ice Cream	108
Ice Cream Flavors	109
Ice Cream with Fruit.....	109

PIES

Apple Pie	110
Berry Pies	110

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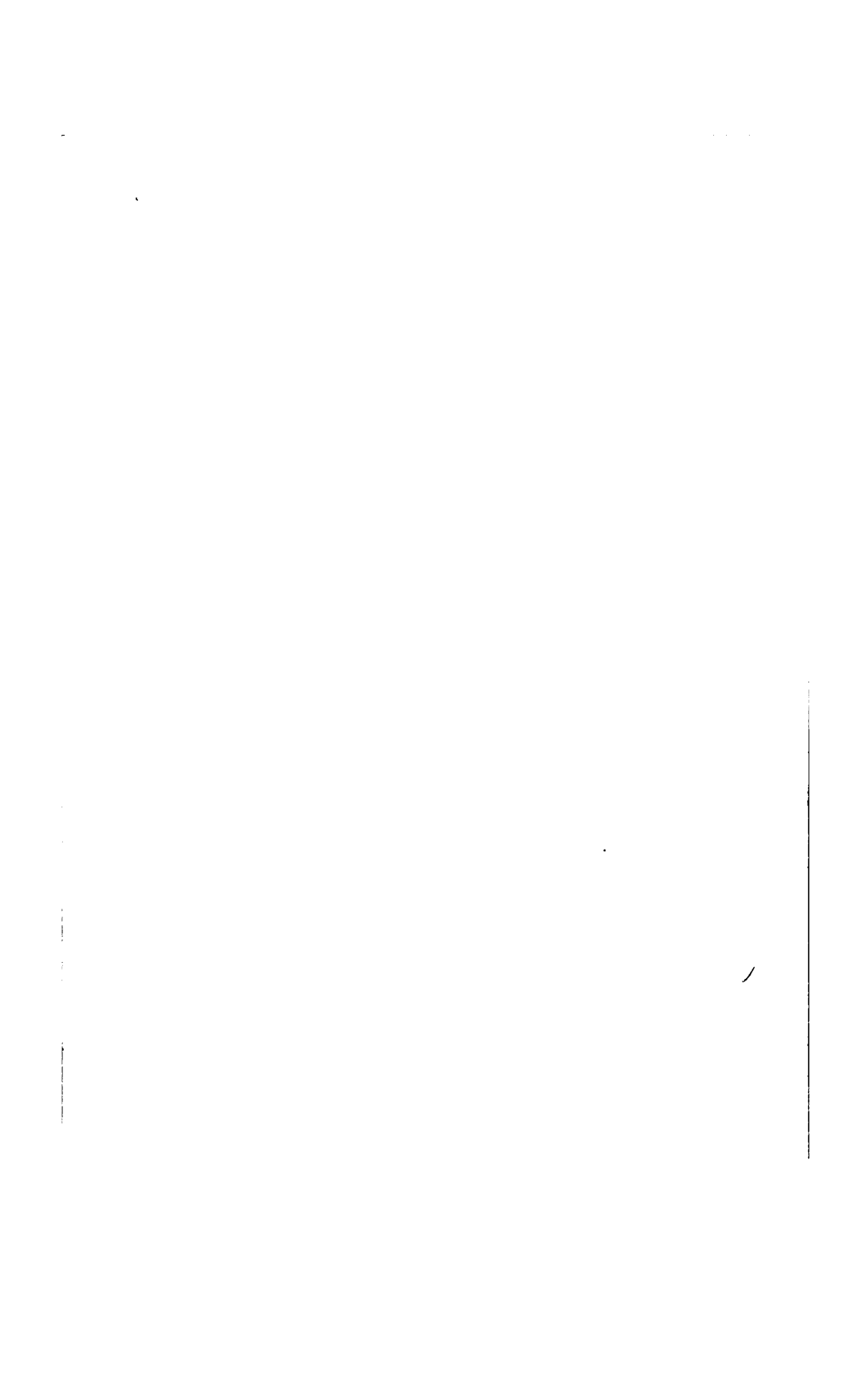
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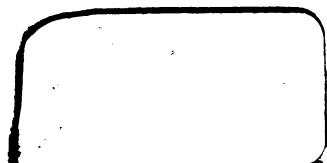
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